

Look inside
today's **metro**[®]
for the icons
below and
enter for
your chance
to WIN.



Gas Stations



Grocery Stores



Drug Stores



Recurring Bill Payments

metronews.ca/momentum

YOU COULD

WIN[♦]
\$10,000
cash

and one of 5 weekly cash prizes
of **\$2,000.**



Courtesy of Scotia Momentum[®] VISA[®] Card[†]

You're richer than you think.^{*}



[♦] No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes April 26, 2010 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

[†] You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases.

^{*} Visa Int./Lic. user The Bank of Nova Scotia. [®] Registered trademarks of The Bank of Nova Scotia.

News on the Move
IN THREE EASY STEPS

1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA



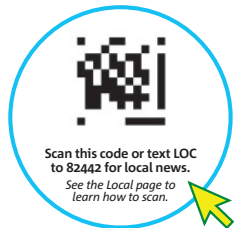
3

Local



Shaves for childhood cancer fight

Grade 8 student Seth Eichhorst and his father, Mark, pictured at left, are just two of the local people shaving their heads to raise money for the St. Baldrick's Foundation, a non-profit organization dedicated to raising money to fight childhood cancer. The Ottawa event is held at the Hazeldean Mall in Kanata tomorrow. METRO OTTAWA



Scan this code or text LOC to 82442 for local news. See the Local page to learn how to scan.

News in brief

TRANSIT ASSAULT Police are investigating after a man was assaulted and robbed of his personal items at an OC Transpo station near Tunney's Pasture on Sunday night. The victim suffered minor injuries.

CHARGES Police have charged two Ottawa residents with robbery and conspiracy to commit an indictable offence after a Shoppers Drug Mart in the 400 block of Hazeldean Road was robbed of cash Feb. 28.

ROBBERY Police are investigating a robbery after a Shoppers Drug Mart on Terry Fox Drive was robbed Sunday. The suspect obtained a small quantity of narcotics and placed them into a denim grocery bag. METRO OTTAWA

metronews.ca

What's online today.

Your Money Allan Small weighs the pros and cons of the surging Canadian dollar at metronews.ca/investing

Blogs Sexcetera and the hazards of dropping the 'L-word' too soon

Lotteries Ontario Pick 3: 6 0 6; Ontario Pick 4: 4 4 0 4
Encore: 2297959
Daily Keno: 5, 8, 13, 15, 17, 18, 19, 25, 29, 34, 37, 46, 49, 52, 54, 57, 60, 62, 67, 69
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Learning from youth

41st season for NAC's English Theatre heralds young people, families in look to the future

TRACEY TONG
tracey.tong@metronews.ca

Romeo and Juliet, baby Jesus and a young country and western singer from Montreal all have a message for theatregoers at the National Arts Centre this year.

In fact, all young people have something to teach us, said Peter Hinton, artistic director of the National Arts Centre English Theatre.

In its 41st season, the NAC has created a season "that celebrates youth and family as we look to our futures," said Hinton, who unveiled the 2010-11 season last night.

The stories celebrate young people, and the role that young people can play in society, said Hinton.

Deciding which plays will make up the season is a big job that involves going through hundreds of plays, said Hinton. "We read scripts, we talk to people, we go see theatre." And as a national theatre, the NAC is featuring plays from Victoria to Cape Breton in 2010.

"It's important to all of us at the National Arts Centre that we continue to define what it means to be Canadian," he said.

The season kicks off with Shakespeare's *Romeo and Juliet*, acted by graduates of the National Theatre School and members of the NAC acting company.

"It's a professional mentorship between senior actors and young actors ... it's really perfect for that play because that play is about



The 2010-2011 season of the National Arts Centre English Theatre celebrates youth and family, said artistic director Peter Hinton. The NAC announced its lineup for English Theatre's 41st season last night.

the power and tenacity of young people and how an older generation needs to learn from the young," Hinton said.

Next is *nativity*: a coyote's christmas, "about the very first Christmas," he said.

While all plays feature young adults, some are not suited to young people, Hinton said. The Year of Magical Thinking is Joan Didion's memoir based on the year that she lost both her husband and daughter.

"It reminds us of how we survive a tragedy that we will all face," Hinton said.

Michel Tremblay's *Saint Carmen of The Main*; a hip-hop, tap production of *i think i can*; *Vimy*, which focuses on one of the most important events in Canadian history; *Agokwe*, a play that swept the Dora Mavor Moore Awards; *Tales of the Moon* and a Cape Breton comedy with Lauchie, Liza and Rory round out the season.

Family helps launch lottery for hospitals

FUNDRAISER Two years ago, Heather Irvine was pregnant with quadruplets.

Along with her husband, Kirk, Irvine was prepared for the possibility of losing one or more of the babies before the delivery, but thanks to the doctors at the Children's Hospital of Eastern Ontario and the Ottawa Hospital, that didn't happen.

She spent more than half of her pregnancy at the high-risk maternity unit at the Ottawa Hospital before giving birth at 28 weeks.

Having babies in two different neonatal intensive care units was difficult, but the co-operation between the hospitals made it much easier, she said.

Yesterday, the couple and their six children attended the launch of the 2010 Ottawa Hospital and CHEO Lottery.

Once again, the \$1.5-million grand prize includes a cottage by Guildcrest Homes, along with a 2010 Cadillac, a boat, and \$1 million cash. Money raised by the lottery is split between the two hospitals.

"The community support



Heather and Kirk Irvine, with their six children, at the 2010 Ottawa Hospital and CHEO Lottery launch at the Canadian Tire at Hunt Club and Merivale.

allows us to provide the modern equipment and modern facilities that attract the best doctors and nurses throughout North America to both CHEO and the Ottawa Hospital," said Dr. Jack Kitts, president and CEO of the Ottawa Hospital.

TIM WIECLAWSKI/METRO OTTAWA

Tickets

• Tickets are now available online at www.veallwin.ca.

Student to join Collider team

GRANT A Carleton University student will have the opportunity to work as part of the world's largest science experiment, thanks to a grant handed down at Carleton University yesterday.

Milo Vujicic is one of 10 Carleton students to receive the Michael Smith Foreign Study Supplement, which funds short-term research studies outside Canada.

"Thanks to this grant, I am getting to work on the biggest science project of all time," said Vujicic, who will leave for Geneva to be a part of the Large Hadron Collider team in early May. The bursaries, valued up to \$6,000, help offset the cost of undertaking research outside of Canada.

MIRANDA MINASSIAN/
FOR METRO OTTAWA

#1 for 30 years

OTTAWA HOME & garden SHOW

Presented by **RE/MAX**

MARCH 25-28
LANDSLOWNE PARK

Renovate. Decorate. Landscape.

Find ideas, advice and the lowest prices!

Buy tickets online and save \$3

ottawahomeshow.com

Thu 12pm-9pm / Fri 12pm-9pm / Sat 10am-7pm / Sun 10am-5pm
Adults \$11 / Senior (65+) \$9 / Youth (13-17) \$9 / Children (12 and under) Free

Google is expanding its popular Street View mapping service to "nearly all of the country," and is heading back for a re-shoot of Windsor, Ont. Starting next week, Google will spend the next few months photographing streets in cities and towns in all provinces and territories, the company announced yesterday. **METRO NEWS SERVICES**

Google to beef up Canadian Street View

Canada



Metro shares Earth Hour tweets

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers.

@ThatNumberGuy: "Going to start with an eco-resolution of buying myself a reusable water bottle to avoid the waste plastic water bottles bring."

Send your Earth Hour tweets to @metroottawa.

METRO NEWS SERVICES

News in brief

POLITICS Treasury Board president Stockwell Day says the government will not cut benefits to the public service. The minister told a House of Commons committee there will be a discussion around pensions with union leaders, but generally benefits will not be affected. Day says he doesn't want to cut benefits because "members have paid for these benefits." But he left open the possibility that the public service would be made smaller through attrition.

WARNING Health Canada is warning that the antibiotic Avelox may be linked to rare but dangerous liver problems. The drug regulator says Bayer Inc., which makes the drug, is updating the product label to draw attention to this potential side-effect. Avelox is used to treat a broad spectrum of bacterial infections, including respiratory illnesses.

THE CANADIAN PRESS

London, Ont. But I'll keep my day job...



William Rollings wipes a tear from his wife, Bonnie Preece, 49, a part-time supermarket cashier, of London, Ont., who won \$20.6 million in a Lotto 6-49 draw, in Toronto yesterday. Preece had one of two winning tickets for the Saturday jackpot. She says she has no plans to quit her job.

Ontario town tops cyber crime survey

Quebec residents appear to be among the least susceptible to cyber crime while citizens of Burlington, Ont., were the most susceptible in a list of Canada's most vulnerable big cities, according to a report by security software maker Symantec.

The company used recorded incidents of cyber crime and per capita data on Internet access and computer spending to determine which of Canada's 50 largest cities rank most

at risk for online threats like identity fraud.

Burlington was ranked the most vulnerable overall with the most incidents of security incidents, per capita.

THE CANADIAN PRESS



As spring nears, drivers and cyclists return to uneasy relationship.

Scan code or text BIKE to 82442 for more. Learn how to scan on the Local page.



IF YOU'RE NOT WITH ROGERS, YOU'RE MISSING A LOT.

Go to rogers.com/LoveHD, call 1 866 622-7550 or visit a Rogers Plus store or an Authorized Dealer.

WITH 4X MORE HD THAN SATELLITE, YOU'LL NEVER MISS YOUR FAVOURITE SHOW.

FREE ROGERS HD BOX
\$249 VALUE

WHEN YOU TRADE IN YOUR SATELLITE RECEIVER.*

- Get over 4X more HD programming than satellite*
- Exclusive HD On Demand
- More reliable than satellite in extreme weather conditions



*Based on comparing Rogers total number of HD program choices to other HD service providers within Rogers serviceable area. †Available for a limited time to customers who do not have Rogers Cable TV service. Subject to change without notice and may not be combined with any other discount. Free digital HD box with Rogers Digital TV subscription (min. 2-year term required) and relinquishment of satellite receiver and remote to Rogers. Early cancellation fee applies. Free HD PVR box also requires subscription to Rogers Home Phone and/or Rogers Hi-Speed Internet Lite or above. Installation charges may apply. TM and © 2009, Cable News Network. A Time Warner Company. All Rights Reserved. **Rogers & Mobius design are trademarks of or used under license by Rogers Communications Inc. or an affiliate. © 2010 Rogers Cable Communications Inc.

J·E·F·F·C·O·O·P·E·R

together starts now



HOWARD

Fine Jewellers & Custom Designers

220 Sparks Street at Bank Street
Ottawa 613.238.3300 howard.ca

Conservationists scored a rare victory at a UN wildlife meeting yesterday when governments voted to reject contentious proposals by Tanzania and Zambia to weaken the 21-year-old ban on ivory sales over concerns it would further contribute to poaching. **THE ASSOCIATED PRESS**

World



Sandstorms worsen in China

Northern China's spring sandstorms blew in with particular ferocity over the weekend, bringing misery to people working outdoors yesterday in Beijing and across a wide swath of the country. "It gets in your throat, under your clothes, in your bed," said Beijing street sweeper Xue Yuan. "I hate it, but there's really nothing you can do." The storms are a product of worsening desertification in Inner Mongolia and other Gobi Desert regions hundreds of miles to the north and west of Beijing. **THE ASSOCIATED PRESS**

U.S. health-care reform: Will it matter this fall?

U.S. President Barack Obama might have achieved a massive legislative victory with passage of his sweeping health-care overhaul this weekend, but the future of the bill remains in doubt with Republicans likely to win big in November's game-changing mid-term elections.

Top Republicans are vowing to kill health-care reform if they recapture control of Congress in eight months, a distinct possibility due to a lingering economic recession and a U.S. jobless rate that's expected to remain in the double digits for months to come.

In the immediate future, they're also threatening to hang up the bill indefinitely in Congress as Democrats

Highlights of the reform package

- The bill provides health insurance to some 32 million Americans who are currently not insured, either because they can't afford it or they're already ill.

- Insurance companies will not be allowed to drop customers when they get ill, and may not refuse to insure children because they're ill.

METRO NEWS SERVICES

attempt to push it through with a complicated parliamentary procedure called reconciliation.

"America has just witnessed an unconscionable abuse of power," Mitt Romney, considered a frontrunner for the Republican presidential nomination in 2012, said in a statement yesterday.

Even those of a less partisan bent say Democrats are in trouble in November.

THE ASSOCIATED PRESS



Blaming attacks from 'partisan operatives,' ACORN disbands

Scan code or text ACORN to 82442 for more. Learn how to scan on the Local page.

Argentina Water day protest



Argentine artist Nicolas Garcia Uriburu, accompanied by Greenpeace activists, throws a colouring substance in the Riachuelo River in Buenos Aires yesterday. Greenpeace's initiative to colour the polluted river was part of the group's actions to commemorate International Water Day.

Virgin carries out space test flight

SPACE Virgin Galactic's new space tourism rocket has been taken aloft over the California desert by a mothership aircraft on its first so-called captive-carry test flight. Virgin Galactic says in a statement on its website that yesterday's flight at the Mojave Air and Space Port was successful. The spaceship remained attached to the specially designed jet-powered mothership throughout the flight. In the future, the spaceship will be launched from the larger aircraft, fire its rocket and carry passengers on a suborbital thrill ride into space before gliding to a landing — for about \$200,000 US a ticket. It's the second generation of the system that sent the first privately developed, manned rocket into space in 2004. **THE ASSOCIATED PRESS**

Queen's Executive MBA in Ottawa



Queen's balances a stringent academic program with other offerings such as personal and team coaching. Both are an invaluable part of your experience, helping to increase your self awareness and shape your leadership capabilities.

Dawn de Lima, Queen's EMBA Class of 2010
Vice President, Supply Chain Management
TransAlta



INFORMATION SESSIONS

Reservations are appreciated.

Ottawa

Thursday, March 25
12:15 - 1:15 p.m.
or 5:00 - 6:00 p.m.
Queen's Ottawa Facility
Constitution Square
350 Albert Street, Suite 220

Queen's Executive MBA is designed to provide a level of personalization that simply cannot be found in other world-class EMBA programs. In addition to leading-edge content, your Queen's MBA experience will include personal coaching to capitalize on your individual strengths; elective courses based on your specific career aspirations; and a suite of services tailored to maximize your personal and professional development.

Ranked #1 in Canada by **BusinessWeek**

Earn a Queen's MBA in 15 months, right here in Ottawa, while you work.

ACADEMIC EXCELLENCE. EXCEPTIONAL EXPERIENCE.



For more information please contact us today.

Toll-free:
1.888.393.2622

Email:
execmba@business.queensu.ca

Web:
www.execmba.com

Bus drivers clash with authorities: Police

Guatemalan police say dozens of bus drivers clashed with authorities and used their vehicles to block access to the capital to demand better security. **THE ASSOCIATED PRESS**

world 7

Hot lava blasts stoke Iceland eruption fears

Blasts of lava and ash shot out of a volcano in southern Iceland yesterday and small tremors rocked the ground, a surge in activity that raised fears of a larger explosion at the nearby Katla volcano.

Scientists say history has proven that when the Eyjafjallajökull volcano erupts, Katla follows — the only question is how soon. And Katla, located under the massive Myrdalsjökull icecap, threatens disastrous flooding and explosive blasts when it blows.

Saturday's eruption at Eyjafjallajökull — dormant for nearly 200 years — forced at least 500 people to evacuate. Most have returned to their homes, but authorities were waiting for scientific assessments to determine whether they were safe to stay. Residents of 14 farms nearest to the eruption site were told to stay away.

Several small tremors were felt early yesterday, followed by spurts of lava



In this aerial photo, molten lava vents from a rupture near the Eyjafjallajökull glacier in Iceland, the first major eruption there in nearly 200 years.

and steam rocketing into the air.

Iceland sits on a large volcanic hot spot in the Atlantic's mid-oceanic ridge. Eruptions, common throughout Iceland's history, are often triggered by seismic activity when the Earth's plates move and when magma from deep underground pushes its way to the surface.

Like earthquakes, pre-

dicting the timing of volcanic eruptions is an imprecise science. An eruption at the Katla volcano could be disastrous, however — both for Iceland and other nations.

Iceland's Laki volcano erupted in 1783, freeing gases that turned into smog. The smog floated across the Jet Stream, changing weather patterns. **THE ASSOCIATED PRESS**

**If you EVER Find a Lower Rate
Call Us and we'll Beat it...
GUARANTEED!**

**Make Long Distance and Overseas
Calls From Your CELL PHONE!**

**at our GUARANTEED
LOWEST RATES!**



89.9 ¢/min



2.9 ¢/min



5.9 ¢/min



11.9 ¢/min

Afghanistan...24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh...3.9 ¢	Lebanon 9.9 ¢	Iraq.....4.9 ¢
Barbados..... 9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman.....14.9 ¢	Russia..... 2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia... 3.9 ¢
El Salvador..... 9.9 ¢	Ghana..... 9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala....10.9 ¢	Trinidad..... 4.9 ¢
Kenya..... 6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	■	■
I am having difficulty sleeping	■	■
I am feeling low in energy and slowed down	■	■
My appetite has changed	■	■
I am experiencing feelings of guilt	■	■
I have lost interest in work and pleasurable activities	■	■
I feel hopeless about the future	■	■
I feel tense and anxious	■	■
I am having difficulty making decisions	■	■
I am having trouble concentrating	■	■



**Ottawa Psychopharmacology Clinic
Smyth Medical Centre**

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

01-27-10

UNLIMITED

Calling to

CANADA

(From Your Home or EVEN from your CELL PHONE)

\$5 /month

UNLIMITED

Calling to

INDIA

(From Your Home or EVEN from your CELL PHONE)

\$29.95 /month

comwave®

613-216-6100

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 29 Cents per minute to India is based on a monthly plan of \$10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors lowest advertised rate for like services. Unlimited India \$29.95 per month is based on a 1 year term where early cancellation fees apply. Monthly plan only \$5 more at \$34.95. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or NWT.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Landmark victory for progressives

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Among developed nations, the United States has had a unique standing. It was the only one not to offer its citizens comprehensive health care. For decades the red-neck right blocked the

march toward civility.

Now the march has reached the destination. Health-care reform passed its major legislative hurdle Sunday and will likely be given the final go-ahead this week. The triumph comes courtesy of the sustained effort of Barack Obama.

It's a remarkable win. Following the Democrats' loss of former senator Ted Kennedy's seat in Massachusetts, it looked like health-care reform was dead. It looked as if Republican regressives were gaining momentum. The Sarah

Palin movement is essentially a reactionary one, one that preys on people's base instincts and base prejudices, a rebellion of sorts against enlightenment and erudition. With her down-home charm, her ability to connect, Palin turned her knowledge deficit into a political attribute. She's made it cool to be uninformed.

Through much of the last century, it has been the hard-line Republicans who led the drive against other social security advances, who were the holdouts on civil rights, who pushed for

handguns in every household. The health-care reform, the biggest social welfare advancement in decades, won't slow them much. It will give Rush Limbaugh and Glen Beck and Palin all the more reason to try to advance their backward agenda.

But for the moment the progressives lead the way. "Today is the day that is going to rank with the day we passed the civil rights bill in 1964," said veteran Democrat lawmaker John Dingell.

As a reflection of the polarization in American poli-

tics, not a single Republican voted in favour of the legislation. "This debate is not about the uninsured," said Devin Nunes, a California House member. "It is about socialized medicine. Today Democrats in this House will finally lay the cornerstone of their socialist utopia on the backs of the American people."

The legislation, Nunes forgot to mention, does not include a new government-run insurance plan like there is in Canada.

It won't be like the Canadian system, but it will

nonetheless enhance the American reputation on this side of the border. Given that one of the deterrents for Canadians moving south was their weak health-insurance system, it may even lead to an increased brain drain. But in the circumstances, that's tolerable. The important thing is progress. A president who can lead the United States to a higher place is on the move.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

A snapshot of the nature/nurture debate

InStep

Christine Williams

When artist Nina Maria Kleivan exhibited photos of her newborn dressed up as notoriously evil historic figures like Hitler, Stalin, Mao and Idi Amin, the castigating commentary that followed was predictable. Kleivan's baleful and shameless display of motherhood was a justifiable shock to our sensibilities.

What captivated my attention was Kleivan's contradictory line of reasoning about infant innocence and her peculiar way of raising the nature/nurture debate. Kleivan actually disgraced the innocence of her infant to illustrate that we are "born a blank slate," topping off the photos with a nude picture of her daughter, explaining that it was to reveal her innate innocence.

Her argument that "infants are born a blank slate" was a 17th-century theory by philosopher John Locke, who refuted innatism (that we are born with ideas) while asserting experience as the determinant in hu-

man development. With modern science, both nature and nurture have been found to interplay with one another. Genetic research has shown that people are wired with certain predispositions, even behavioural. This certainly does not mean that an infant can be evil. Choice determines outcome, which is indubitably influenced by nurture.

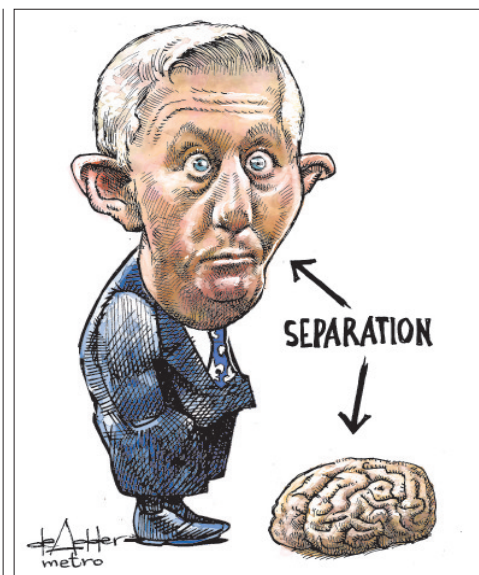
The sociopathic mental condition is a consummate example of the modern evolution of innatism, of which a strong genetic link has been established. Sociopaths are marked by their absence of conscience, amoral conduct, and inability

to feel guilt and remorse.

On a positive note, later studies have shown that sociopaths can be softened through environmental influences, implying that whatever our propensities, there is a light at the end of the tunnel with proper nurturing.

So, just to be safe, let's not sport our infants in a collection of homemade tyrant ware. Instead, let's keep up the great work of dressing our precious bundles with bows, bow ties and booties!

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottaw

Letters must include sender's full name, address and phone number - street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca



Apartment living made easy

The Riversides

- 1 & 2 bedrooms
- Close to Rapid Transit, Rideau River, shopping, bicycle paths and Downtown
- Comfortable suites with carpeting, in-suite storage and private balcony
- Fitness room, hot tub, sauna, indoor and outdoor pool and more

More at **vertica.ca**

1 BEDROOMS FROM

\$885*

1541, 1551 AND 1591 RIVERSIDE DRIVE

613 523 9650



VERTICA
RESIDENT SERVICES

* Prices and suite availability subject to change. Suites are unfurnished.

Melnik sells stake in Canadian pharmaceutical company

The founder of Biovail Corp, Eugene Melnyk, has sold "substantially all" of his holdings in the Toronto-area pharmaceutical company. According to a regulatory filing with the U.S. Securities and Exchange Commission, Melnyk sold about 9.6 million Biovail shares since Nov. 24. **THE CANADIAN PRESS**

9

<h1>Business</h1>	DOLLAR	N.GAS	OIL	TSX
	 US 98.15¢	 US \$4.079	 US \$81.60	 11,967.17
	US 0.24¢	US 9¢	US 63¢	19.19

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Television networks win in CRTC ruling

Those CTV and Global shows that come into your home courtesy of a cable or satellite company could soon hike your monthly bill — or possibly even go dark — following a landmark ruling on how money flows in the broadcasting system.

The TV networks won their fight yesterday before the country's broadcast regulator to negotiate a fee for their signal with cable and satellite

providers, who have never paid before for those transmissions.

But the Canadian Radio-television and Telecommunications Commission (CRTC) also wants the Federal Court of Appeal to review the new "value for signal" system before it kicks in.

And the Conservative government will have to decide whether it can live with the decision, or balk against the threat of

Increased bills

• The cable and satellite firms have already warned they'll pass extra costs on to consumers. "Consumers are going to see increased bills on monthly basis for access

to local programming, and that's the part that I find rather sad," said Mirko Bibic, Bell's senior vice-president of regulatory and government affairs.

increased costs for consumers by overturning it.

The broadcasters had warned that the future of

local TV programming depended on their getting a solid new source of revenue, with advertising dollars drying up and au-

dience numbers dwindling.

The cable companies posted an 11.9 per cent rise in revenues in 2009, a recessionary year.

If the court gives the green light, the industry and consumers will be in for a wild ride.

Suddenly, cable and satellite companies would be forced to negotiate with conventional broadcasters for payment to carry their signals.

CTV's corporate vice-president Paul Sparkes celebrated the commission's decision.

"They have recognized that there is value associated with the content that we produce, so we're very happy with that," said Sparkes.

"I'd like to thank the thousands of Canadians who wrote in to the CRTC in support of our position and in support of local television." **THE CANADIAN PRESS**

Bureau rejects amendments to rules governing real estate

RULES Changes to rules governing real estate services do not create more choice for home buyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules, Canada's federal competition watchdog says.

The Canadian Real Estate Association loosened its rules yesterday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle details on their own, including negotiations with potential buyers. However the Competition Bureau said the amendments protect

CREA's ability to pass rules that could further restrict consumer choice, leading to reduced competition and higher fees. Commissioner of competition Melanie Aitken said in a statement the amendments do not remove existing roadblocks faced by realtors who want to offer a more flexible range of "a la carte" services.

"They are a step in the wrong direction. These amendments amount to a blank cheque allowing CREA and its members to create rules that could have even greater anti-competitive consequences."

THE CANADIAN PRESS

2% cash back on recurring bill payments.*



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.*

Scotiabank

*Registered trademarks of The Bank of Nova Scotia. *For conditions: scotiabank.com/momentum

Chinese state media accuse Google of violating promises

INTERNET China reacted quickly yesterday to Google Inc.'s decision to stop censoring the Internet for China by shifting its search engine off the mainland, saying it is "totally wrong" and accusing the company of violating promises.

Google said Jan. 12 it would pull out part of its service if it had to keep censoring Internet results. Visitors to Google's old service for China, Google.cn, are now being redirected to the Chinese-language service based in Hong Kong, where Google does not censor searches.

"Google has violated its written promise it made when entering the Chinese market by stopping filter-

ing its searching service and blaming China in insinuation for alleged hacker attacks," the official Xinhua News Agency quoted an official in a statement issued just hours after Google's announcement.

"This is totally wrong. We're uncompromisingly opposed to the politicization of commercial issues, and express our discontent and indignation to Google for its unreasonable accusations and conducts," the unnamed official said.

The official quoted from the State Council, or Cabinet, said the government talked to Google twice to try to resolve the stand-off.

THE ASSOCIATED PRESS

Gas profits should rebound: Board

PREDICTION A prominent Canadian think-tank is predicting a rebound in natural gas profits in the coming year despite a dip in production.

The Conference Board of Canada says gas prices have nearly doubled in the past six months and are expected to be 36 per cent higher this year than they were in 2009.

The board says gas prices will average \$5.44 per thousand cubic feet, bringing pre-tax profits for the year to about \$5.9 billion and restoring them to near the levels experienced in 2008, when energy prices peaked then collapsed.

The economic downturn sapped strength from the

gas extraction industry in 2009, dragging profits down 65 per cent for the year.

The board says the price increase will be offset by a two per cent decline in production, due to high inventory levels and the residual effects of the recession.

THE CANADIAN PRESS

In brief

DEBT German intransigence over bailing out Greece has raised the chances that the debt-laden country will be forced to turn to the International Monetary Fund for assistance, possibly by the end of this week, in an embarrassing setback for European political union. Greece has around \$27.1 billion U.S. of debt maturing over the next couple of months and the last thing it wants is to pay sky-high premiums to get support in the international bond markets.

BANKS The German government plans to introduce a levy on banks to ensure that they pay for the costs of any future crises, sparing taxpayers, officials said yesterday. Leaders of Chancellor Angela Merkel's coalition agreed that "banks cannot in future gamble at the taxpayer's expense," Volker Kauder, the parliamentary leader of her conservative bloc, told ZDF television.

THE ASSOCIATED PRESS

British Airways Strike continues



Protesters on the picket line gesture as a British Airways plane comes in to land at Heathrow Airport in London, yesterday. British Airways and the union representing its cabin crew are no closer to resolving a dispute over pay and conditions as a strike enters its third and busiest day.

KIRSTY WICKLEWORTH/THE ASSOCIATED PRESS



BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.70%	0.65%	1.20%	1.20%	1.00%	0.75%	1.15%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONews.CA

Taking stock of your risk tolerance

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Feel a slight pain in your chest while you're reading the stock pages or your RRSP statement? If the market has been sagging there's no co-

incidence. A recent preliminary study by researchers at Duke University discovered an increase in heart attacks after the recession began deflating stock prices in December 2007. When the market turned around the incidence of heart attacks decreased.

This confirms something I've always believed; some of us simply aren't cut out for the rigors of being a stock market investor.

When the market is rising, as it has been steadily for the past year, everyone

is a steely-nerved market pro. But when the market slides a surprising number of people head for the windows.

The market term for this emotional reaction to your bottom line is risk tolerance. Advisers attempt to determine where you fit on the risk tolerance scale with a series of boilerplate questions. But

it is an infernally difficult thing to measure, even for the most conscientious advisers. Certainly a handful of general questions aren't going to reveal what investors often don't know about themselves — just how much risk can I handle?

Most people are less than half as brave as they think. If you believe you can tolerate 50 per cent of your portfolio in stocks or equity mutual funds held in

RRSPs, RRIFs or non-registered accounts you should start with 25 per cent or less. You can always increase it but reducing your exposure after an anguishing market tumble is like shutting the barn door after the horses have bolted.

Also, I'm convinced that 10 to 25 per cent of investors are temperamentally unsuited to any stock market investment. They simply can't cope with the volatility, no matter what the potential gain.

You may be wondering

why I'm bringing this up since the market has been so buoyant. Last week's rise in the Consumer Price Index signals the possibility of interest rate increases which historically tend to dampen the market.

The Duke University study reveals that investing isn't just about the money. What good is a portfolio if you aren't alive to enjoy it?

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.



Are you a parent with Depression?

Both you and your child can benefit when you seek help

We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

*Men and Women 18 years or older with depression
 *Study medication and assessments provided
 *All research has been approved by the Research Ethics Board
 *Subjects may be eligible for compensation for time and travel
 *All queries are strictly confidential

For more information contact Wendy Fusee:
 (613)722-6521 ext.7828
Wendy.Fusee@rohcg.on.ca

University of Ottawa
 Institute of Mental Health Research
 Institut de recherche en santé mentale
 de l'université d'Ottawa

Health fraud can put your life at risk

HEATHER BUCHAN
For Metro Canada

Unlike other types of fraud, health fraud can cost you more than just money — in some instances, such as unknowingly taking counterfeit or unapproved medication, it can cost you your life.

The Canadian Health Care Anti-Fraud Association estimates that health fraud costs Canadians \$5 to \$15 billion annually.

Health fraud is committed by both patients and health care providers and includes a complex variety of activities, including bogus weight-loss schemes, bogus cancer cures, billing for services not rendered, billing for unnecessary treatment, malingering (exaggerating one's illness or injury to collect more benefits), selling drugs and devices that have not been proven effective, filling

Fraud Prevention

Protect yourself

- Keep your health card in a safe place to protect yourself from identity theft.
- Read your benefit and billing statements to ensure you received the treatments that claim to be performed.
- Question "miracle cures" or "breakthroughs."
- Check with your doctor before taking new medication.
- Check with a health care professional before taking any new treatment.

false claims and many more.

Even if you haven't been directly defrauded, the few individuals bilking Canada's health system means less of your money is spent supporting a better overall health care.



www.pipsc.ca

For the Public Good

The Union of Public Service Professionals
Serving Canadians



PARK YOUR CHIP CARD HERE.

If you have a chip card, *insert it in the terminal first*. You'll avoid an unnecessary swipe of the card, and reduce the chance of fraud. If the terminal doesn't accept chip, you will be prompted to swipe your card. As part of Fraud Prevention Month, we remind you to always protect your PIN. In the unlikely event you do experience fraud, count on Total Loss Protection*.

So insert your chip, and pay easy.



Everyday Simply™

For 25 years, proudly Canadian. 🍁

St. Louis Cardinals slugger Albert Pujols received an anti-inflammatory shot yesterday for tightness in his back and is expected to be out of action for the next couple of days. The three-time NL MVP missed a week this spring because of lower back pain he described as feeling like spasms. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONews.CA



Ottawa Senators goaltender Brian Elliott makes a save against the Montreal Canadiens last night in Montreal.

Habs blanked

Elliott posts shutout as Sens win

Peter Regin and Erik Karlsson scored for Ottawa and Brian Elliott made 29 saves as the Senators ended a five-game losing streak with a 2-0 victory over the Montreal Canadiens last night.

The teams entered the game in a three-way tie with Philadelphia for fifth place in the Eastern Conference and with the win, Ottawa (38-30-5) now sits alone in that spot, two points clear of the Canadiens and the idle Flyers.

The Senators return home after a three-game road trip to face Philadelphia, which has one game in hand, on Tuesday night.

It was only Ottawa's second win in 10 games (2-7-1) since the Olympics, while the Canadiens suffered just their second setback (7-2-1) in regulation since the break. Montreal was coming off a 3-2 shootout loss in Toronto on Saturday night.

The teams combined for only 11 shots in a sloppy opening period, but Ottawa got the only goal, as Regin went to the net to tip a pass

Shutout

- It was Brian Elliott's fourth shutout of the season and the fifth of his career.

from Karlsson past Jaroslav Halak at 10:15.

Regin was promoted to the Senators' top line with Daniel Alfredsson and Jason Spezza in place of Matt Cullen, although it was second-line winger Mike Foligno who got the demotion to the fourth line after being sent off twice for minor penalties early in the game.

The pace picked up in a scoreless second, but both Halak and Elliott were sharp.

Montreal's Travis Moen left the game at 10:41 when he was cut — it appeared to be on the forehead — as Cullen's skate came up after falling head over heels after a check in the corner. A team spokesman said Moen suffered a laceration to the face but did not need to go to hospital.

THE CANADIAN PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Toronto 106 Minnesota 100
Chicago 98 Houston 88
Miami 99 New Jersey 89
Milwaukee 98 Atlanta 95
New Orleans 115 Dallas 99
Orlando 109 Philadelphia 93
San Antonio 99 Oklahoma City 96
Boston at Utah
Memphis at Sacramento
Phoenix at Golden State

YESTERDAY'S RESULTS

Charlotte at Washington, 7 p.m.
Indiana at Detroit, 7:30 p.m.
Denver at New York, 7:30 p.m.
L.A. Clippers at Dallas, 8:30 p.m.

NHL

YESTERDAY'S RESULTS

OTTAWA 2 Montreal 0
Detroit 3 Pittsburgh 1
Colorado at Los Angeles

YESTERDAY'S RESULTS

Florida at Toronto, 7 p.m.
Columbus at New Jersey, 7 p.m.

Boston at Atlanta, 7 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Carolina at Tampa Bay, 7:30 p.m.
Dallas at Nashville, 8 p.m.
San Jose at Minnesota, 8 p.m.
Phoenix at Chicago, 8:30 p.m.
Anaheim at Calgary, 9 p.m.
Vancouver at Edmonton, 9 p.m.

EASTERN CONFERENCE OVERALL STANDINGS

CP	W	L	OL	GF	GA	Pts
Washington	72	48	14	10	283	203
Pittsburgh	73	42	25	6	225	208
Buffalo	71	39	22	10	200	180
New Jersey	71	42	25	4	189	169
OTTAWA	73	38	30	5	196	212
Philadelphia	72	37	30	5	212	199
Montreal	73	36	30	7	196	200
Boston	71	32	27	12	176	181

Atlanta	72	32	29	11	218	230
N.Y. Rangers	72	31	32	9	186	196
Florida	71	29	31	11	186	209
Carolina	72	30	34	8	201	226
N.Y. Islanders	72	29	33	10	189	222
Tampa Bay	72	28	32	12	188	225
Toronto	72	26	34	12	192	238

2% cash back at eligible gas stations!



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.



*Registered trademarks of The Bank of Nova Scotia. *For conditions: scotiabank.com/momentum

Sports in brief

BLUE JAYS Brandon Inge hit a three-run homer to help the Detroit Tigers beat the Toronto Blue Jays 8-2 yesterday. Nate Robertson pitched 4½ innings for the Tigers, yielding two runs and five hits.

FOOTBALL NFL commissioner Roger Goodell likes the proposal to modify overtime in the playoffs. The competition committee recommends that a team surrendering a field goal on the first possession should have a series of its own in OT. Goodell says the idea "stays true to the integrity of the game" and finds it "very much worth considering."

NHL Philadelphia Flyers leading goal scorer Jeff Carter will miss three to four weeks with a broken bone in his left foot. Carter suffered the injury off a shot from Atlanta's Clarke MacArthur in Sunday's game.

BASKETBALL Memphis must vacate its record 38-win men's basketball season from 2007-08 after the NCAA rejected its appeal. The NCAA announced yesterday that its Infractions Appeal Committee ruled

against Memphis, which was found to use an ineligible player, believed to be Derrick Rose. **NFL** The New England Patriots are the big winner for losing free agents last year. The Patriots have been awarded the maximum of four compensatory picks in April's NFL draft. The selections will come in the sixth round (one, No. 205 overall) and seventh round (three, Nos. 247, 248 and 250).

NFL Miami Dolphins running back Ronnie Brown, who had been in the suburban Atlanta area to help celebrate his parents' anniversary, was arrested on a charge of driving under the influence of alcohol and released from jail a few hours later, officials said yesterday.

CFL The Hamilton Tiger-Cats signed all-star linebacker Markeith Knowlton to a contract extension through the 2012 season, the CFL club said yesterday. The six-foot, 205-pound Knowlton recorded 94 defensive tackles, four forced fumbles, four fumble recoveries and four interceptions last season. **METRO NEWS SERVICES**



Canada skip Jennifer Jones throws a rock against Latvia during the World Women's Curling Championships yesterday.

Early starts for Jones

SASKATCHEWAN Jennifer Jones' alarm clock will go off much earlier for the rest of the round robin at the women's world curling championship.

After playing afternoon and evening draws the first three days of the tournament, the Canadian skip and her rink from Winnipeg have three straight mornings of games at 8:30 a.m. local time, starting today against Denmark.

That's an early start when the curlers need to eat, get to the rink and stretch, particularly when they've played an evening draw the previous night, like they did yesterday.

Jones doesn't mind. The 35-year-old corporate lawyer and her teammates are veterans of the evening-morning draw schedule and adjust their eating and sleeping around it.

"Probably my favourite

draw to play is a morning draw," Jones said yesterday after Canada's win. "I'm up anyway. I can't sleep in. It's a curse. I might as well get out there and curl. I'm not a night owl, that's for sure."

"If you have a morning-night, you can have a nap in the afternoon. We do it all the time."

Canada was the only unbeaten team at the world championships heading into the late draw yesterday against defending champion Wang Bingyu of China (1-3). The Jones four-some, out of the St. Vital Curling Club, doubled Latvia's Iveta Stasa-Starsune 12-6 in the afternoon.

Canada was 4-0, Erika Brown of the United States was 4-1, followed by Scotland's Eve Muirhead and Sweden's Cecilia Ostlund at 3-1. Russia's Anna Sidorova sat at 3-2.

THE CANADIAN PRESS

Spartans lose star to injury

NCAA Michigan State star Kalin Lucas will miss the rest of the NCAA tournament after an MRI has confirmed he ruptured his left Achilles' tendon.

In Lucas' place on Sunday, Korie Lucious made a three-pointer at the buzzer to put the Spartans into the round of 16 with an 85-83 win over fourth-seeded Maryland.

Lucas was hurt late in the first half of that game when he landed awkwardly after a shot. He is a two-time All-Big Ten player and leads the Spartans in points and assists. He will be sidelined for

four to six months. "We feel terrible for Kalin, he was having a great NCAA tournament," Spartans coach Tom Izzo said in a statement.

"The good news is there is no doubt he will make a full and complete recovery."

THE ASSOCIATED PRESS



Losing to know-nothings in your March Madness pool? Blame cockiness.

Scan code or text POOL to 82442 for more. Learn how to scan on the Local page.

Make a to-learn list

On it you can write ideas for new areas of study. Maybe you would like to take up a new language, learn a skill or read the collective works of Shakespeare. Whatever motivates you, write it down. LIFEHACK.ORG

Continuing

Education

**Study tip**

Take regular breaks. Don't try to study for hours on end — you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break. Also be sure to try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information.

SIMPSON.EDU

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Zombies, love and more

Distance learning course offerings wide-ranging

RICK MCGINNIS
for Metro Canada

Higher education isn't all earnest grindwork or high-minded paper-chasing — every now and then, some professor's enthusiasm or collegiate enthusiasm will land an eye-catching and idiosyncratic course on some university syllabus.

There's the University of Alabama, for instance, which offers an interim course called *Zombies! The Living Dead in Literature, Film and Culture* — and yes, the exclamation mark is meant to be there.

Then there's Occidental College in California, which seems to specialize

in intriguing offerings like *The Unbearable Whiteness of Barbie: Race and Popular Culture* in the United States, and the boldly titled *Stupidity*, an offering of the department of Critical Theory and Social Justice that promises "a philosophical examination of those operations and technologies that we conduct in order to render ourselves uncomprehending."

A browse through the offerings of the distance learning and continuing education departments of several Canadian universities offers up several curriculum entries that promise to rival undergraduate offerings south of the border. The University of Waterloo, for instance, has two courses

whose titles alone encompass so much they can't help but intrigue.

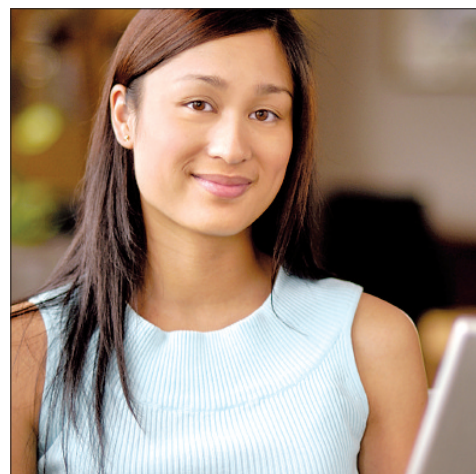
Love is a Philosophy department entry that promises to examine "Self-love, friendship, humanitarian love, God's love, love in morality, and love in mysticism." For the sake of balance you might want to follow it up with *Evil*, offered by the Religious Studies faculty, which promises that "classical and modern writers from Judaism, Christianity, Buddhism, and Hinduism will be considered."

Memorial University offers a course in *Deviance*, "which may include violence, sexual deviance, delinquency, addiction, mental disorder, theft, organized crime, political de-

viance and corporate deviance," according to the course description. Also part of the Sociology department's syllabus is *War and Aggression*, which claims to examine "ethological, psychological and sociological approaches" to the subject.

The Royal Military College in Kingston also has a distance learning department, and offers *Terrorism: Theories and Strategies*, while the University of Guelph's summer schedule includes *Witch Hunts and Popular Culture*, a course to which "access to a TV and DVD player is required."

Finally, while they're not distance learning courses, Simon Fraser University in Vancouver has a continuing



Many Canadian universities offer up fun and interesting courses through both distance learning and continuing education.

studies department that's popular with seniors and recent immigrants. This spring they're advertising *So You Want to Be a Critic?* — a course whose aim is

self-explanatory — and an especially intriguing one-day offering in its Opera Studies department called *What Would Opera Be Without Murder?*

Career Training

Training with Meaning

In-demand career training in:

- Addictions and Community Services Worker - Now at Ottawa West campus!
- Business
- Dental Office & Chairside Assistant
- **Esthetics - Now offered at the Ottawa East campus! New Program for Market.**
- **Health, Fitness and Nutrition Consultant**
- Intra-Oral Level II Dental Assistant
- Massage Therapy
- Medical Laboratory Assistant/Technician - OSMT Approved
- Medical Office Administrator
- **Personal Support Worker - Now at Ottawa East campus!**
- Pharmacy Assistant
- Physiotherapist Assistant

- Morning, afternoon and evening classes available
- Career services assistance available
- Financial assistance may be available for those who qualify
- Programs and Schedules Vary by Campus

*Graduates are eligible to write the OSMT certification examination.

www.EverestCanHelp.ca



Call Now for More Information!
1-866-838-7134

**Ottawa East
Ottawa West**

Also, 6 more locations in the
Greater Toronto Area!

Everest
COLLEGE

BUSINESS • TECHNOLOGY • HEALTH CARE

Sommelier program a hit

MIRANDA MINASSIAN
for Metro Ottawa



Whether you are looking to impress your next date, to be the wine expert in the family or for a serious career change, Ottawa's Algonquin College has you covered.

The college's reputable Sommelier Certificate Program was initially developed in response to an increased demand for properly trained wine professionals.

Enrico DeFrancesco, the academic co-ordinator of the Algonquin sommelier program, says that studying wine is no longer the pretentious act it once was.

"It is wine education done in a fun learning environment, not done in an aggressive manner," he said. "We make leaning about wine fun and inter-

"It is wine education done in a fun learning environment, not done in an aggressive manner."

Enrico DeFrancesco

active — half the time in lecture and half the time tasting."

While the program's main goal is to supply restaurants with qualified sommeliers to engineer wine lists, a number of different employment options are available to graduates.

"Students go on to be product consultants with the LCBO, wine representatives, vineyard management, wine authors or reviewers," said DeFrancesco. "If people are interested in becoming a wine maker, the option is there to continue their education in Niagara."

No one knows what following an interest can lead

to better than graduate Debbi Trenholm. While working in the high-tech sector, Trenholm's keenness for wine led her to taking a single wine class at Algonquin.

"Over the next two years, I took all the classes and graduated," she said.

Trenholm now combines her business background with her love of wine as president of her own wine marketing business, Savvy Company. Savvy employs 11 accredited sommeliers — all Algonquin graduates — to contribute to the various aspects of the wine business.

"I think we are lucky in Ottawa, to have a sommelier program of this calibre,"



The goal of Algonquin College's Sommelier Certificate Program is to supply restaurants with sommeliers to engineer wine lists.

said Trenholm. "If it wasn't for the course, I wouldn't have my business."

Among the course's other well-known graduates is Ottawa restaurateur Stephen Beckta, the man responsible for Beckta Dining and Wine and the newly opened ByWard attraction, Play.

Going high-tech with her education, Natalie MacLean created the num-

ber one wine app on iTunes. The application lists food and drink pairings, wine reviews, glossary terms and a winery directory.

Algonquin College was the first college in Ontario to offer the certificate sommelier program, and is still one of only three colleges that offer the course.

For more information, visit sommelier.ca.

Taking spring classes has advantages

RAFAEL BRUSILOV
for Metro Canada



As winter eventually wisps away, the spring and summer offer a new beginning and a new chance to keep learning.

Lang Sum, director of language programs at the University of British Columbia's Continuing Studies school, says the spring, while tending to be the thinnest time for enrolments compared to the fall, does have the advantage of smaller class sizes, meaning students can get much more direct face-time with instructors and other classmates.

"The programs are the same and the instructors are the same, but there are more spots open in the spring and we tend to have smaller classes, so students can benefit more then," Sum said.

According to Sum, professional programs are most popular in the summer because people are more likely to take time off from work to do intensive one- or two-week sessions.

"We do offer more programs for professionals in the summer because more people are interested in upgrading their knowledge and skills then," Sum said.

The summer also sees more students coming in from overseas, creating a very international vibe in the classrooms of many major Canadian schools.

Crystal Campbell is a certified career coach in Toronto and president and founder of c2 coaching + consulting, and says the spring and summer can be ideal times to get ready for hiring season. Getting versed in new skills and abilities now will mean you'll be a more marketable hire when companies start picking up new workers come fall.

"September and January and also peak hiring periods, so if you're enrolling in something now, that will time you well for hiring season later," Campbell said.

Regardless of the season, Campbell says expanding your skills and knowledge base is always a worthwhile thing.

"Continuing education, whether taking a self-interest course or something with a career bent, is always a good value. The very process of learning can be very invigorating and it can be a spark for different areas of your life," Campbell said.

Il est encore temps de vous inscrire à des cours à distance à La Cité collégiale

Choisissez votre mode de livraison (correspondance, Internet, webdiffusion ou audioconférences)

Choisissez votre cours parmi les domaines suivants

→ administration | informatique (webmestre) | langues (français et anglais) | Éducation en services à l'enfance

Inscrivez-vous dès maintenant!

613 742-2483 | 1 800 267-2483 | lacitecollegiale.com

la **cité** collégiale

Le Collège des meilleures pratiques

Expand your skills

Don't be content with what you know; use any time that you have on your hands to expand your skills — learn a new language, play an instrument, take up music or dance or painting lessons. MISSIONTOLEARN.COM

Many options out there for green thumbs



MIRANDA MINASSIAN
for Metro Ottawa

Opportunities are blooming for gardening enthusiasts looking to improve their growing power.

Lansdowne plays host to the Ottawa Home and Garden Show from Thursday through Sunday. With more than 300 home and gardening experts, the show is sure to offer plenty of inspiration and advice for any upcoming projects you have planned.

But if the crowds are keeping you away from Lansdowne, there are other options.

One of Ottawa's oldest clubs, the Horticulture Society of Ottawa, offers monthly presentations, free to the public. While lecture topics may vary, each presentation features a social break where members are available to answer questions.

"Everyone here is friendly," said executive member Jeff Blackadar. "We have members of varying experience, from beginner level to PhDs in botany. You can get the answers to pretty well

"We have members of varying experience, from beginner levels to PhDs in botany."

Jeff Blackadar

any question."

Blackadar encourages anyone wanting to learn more about plants to check out the meetings, which are usually held on the fourth Tuesday of every month at the Tom Brown Arena.

If a more intimate learning environment better suits your needs, the city provides one-time gardening classes for interested residents.

For horticulturists with little space, they are offering a new class called container gardening. For those who lack any growing experience, they are also currently offering gardening for beginners.

"We just started off running them for this spring. It was a trial to see if there is an interest in the work shops," said Michelle Stephenson, program co-ordinator with the City of Ottawa.

Courses are offered at locations around the city and

are tentative based on interest from the public. For those interested, Stephenson recommends contacting the city for specifics on course details.

If your interest lies in growing your food, the Community Gardening Network of Ottawa offers a number of resources to help

maximize your harvest. Beginner level vegetable gardening, natural pest control, seed saving and food preservation are all available, with new courses popping up all season.

All workshops are \$5 or pay-what-you-can, and are free for members of the Community Gardening Network. With the final snowfall behind us, and spring in the air, timing is perfect for Ottawa residents to learn how to turn those black thumbs green.

CAPITAL TUTOR .COM

EDUCATION SPECIALISTS

Capital Tutor is an Ottawa-based tutoring company committed to meeting the needs of all students! Call today and find out more about our team of education specialists.

We offer:

- one-on-one home tutoring
- competitive prices
- service to all Ottawa areas
- highly qualified tutors in all subjects
- French instruction available
- improved literacy skills
- exam preparation
- enhanced study habits
- pre-school to adult instruction

Call today: 613-680-6010

Website: www.capitaltutor.com

Toll free: 1-888-873-0819

email: info@capitaltutor.com

Exploring your
post-secondary
options?

Include
AU too.



AU student Sarah in
Calgary, Alberta, Canada

Make your academic future more flexible with Athabasca University.

■ At Athabasca University, our large selection of courses and programs can be a big plus to your academic career. ■ So be sure to keep us in mind like Sarah did. Sarah is attending university full-time in Calgary, Alberta. But in order to maximize her schedule, she needed to take some courses that weren't available during the times she wanted. The solution? Sarah is taking some AU courses and will transfer the credits over towards her degree. ■ AU offers over 700 courses and 90 undergraduate and graduate degree, diploma and certificate programs to select from. If you're 16 or older, and are eager to learn, you can study at AU. ■ Academic choice. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabasca.ca/standout
1-800-788-9041

Athabasca University

UNIVERSITY
OF GUELPH
KEMPTVILLE
CAMPUS

CHANGING LIVES
IMPROVING LIFE

Welder Pre-Apprenticeship

Are you a woman or immigrant
interested in a great new career?

- Full-time program
- Free tuition
- Residence available
- No welding experience necessary
- Learn to weld by welding!
- Limited seats available

www.kemptvillec.uoguelph.ca

Tuition is free!

Funded by the Government of Ontario



613-258-8336 ext. 61345
sbyrne@kemptvillec.uoguelph.ca

A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. **METRO NEWS SERVICES**

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Culinary tips collected

If your method of cooking Italian risotto consists of stirring the ingredients in a pot over a hot stove for what seems to be ages, there is a simpler technique. It can be found in Susan Sampson's **12,167 Kitchen and Cooking Secrets: Everyday Tips, Hints, Techniques and More** (Robert Rose, \$27.95, paperback). The Toronto Star food writer offers readers more than 700 pages of food tips and suggestions brought about by new technology. **THE CANADIAN PRESS**

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Spring sipping

Talk about March madness. The weather has been so civilized in my neck of the country that I've been out raking some of the leaves from last fall that I've been pretending belonged to my neighbours.

The best thing about warm early spring temperatures is that they give you a head start on cracking open some floral white wines: Ones that mirror the fresh aromas and flavours associated with the season.

Chenin blancs top my list. Long associated with France's Loire Valley and the vineyards of South Africa, the off dry wines made with the grape sadly continue to lose ground to fruitier competition created with riesling and viognier.

Produced in South Africa's Western Cape **MAN Vintners' 2008 Chenin Blanc** (\$11.99 - \$13.99) combines tropical fruit with palate-tingling acidity, making it a nice match with fruit, fish and light chicken dishes.

Chenin blanc may be the only white grape not (I think) in the **2008 Conundrum** (\$24.95 - \$29.29): A mysterious California blend that sports a new label to go along with this latest vintage. Big on exotic fruit flavours, it's a springtime classic.

So good-bye winter, let's just hope Mother Nature isn't getting a jump on April Fool's Day.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Kid favourites

My newest book (17th!) titled, Rose Reisman's Family Favorites has just hit the stores.

I'm so excited about this book because it addresses what we all have to be more aware of and that's bringing our families back to the table to "break bread." Here are a few of my favorite family meals:

METHOD:

1. Preheat the oven to 400°F.

2. Bring a large pot of water to a boil. Add the lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold

from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place the mixture in the bowl of a food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of the tomato sauce into a 9- x 13-inch

Mushroom and Spinach Miniature Lasagna Rolls

PREP TIME: 20 MINUTES

COOK TIME: 45 MINUTES

Instead of making the usual lasagna, in which leftovers often seem to go to waste, I opted for this version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

SERVES 4

INGREDIENTS:

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce (or store-bought spaghetti sauce)
- 3 Tbsp shredded mozzarella cheese

water. Set aside.

3. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the mushrooms and sauté for 5 more minutes or just until the mushrooms are no longer wet. Add the spinach and allow the spinach to wilt, about 3 minutes. Remove the skillet

or 11- x 7-inch casserole dish. Spread about 1/4 cup of the cheese mixture along the length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour the remaining 1/3 cup of the tomato sauce over and sprinkle with the grated mozzarella cheese. Cover with foil and bake for 20 to 25 minutes or just until heated through and the cheese is melted. Serve hot.

Sweet 'n Sour Chicken Meatballs with Rice

PREP TIME: 20 MINUTES

COOK TIME: 30 MINUTES

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol of regular ground beef, but feel free to substitute any meat of your choice for the chicken. I like to use the Heinz style of sweet chili sauce for this recipe, since it's not as spicy as Asian chili sauce.

SERVES 6



Rose Reisman's Sweet 'n Sour Chicken Meatballs with Rice.

INGREDIENTS:

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 Tbsp ketchup
- 5 Tbsp seasoned dry breadcrumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup diced red bell pepper
- 2 cup diced green bell pepper
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce (Heinz)
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 Tbsp chopped parsley

METHOD:

1. In a bowl, combine the chicken, onion, ketchup, breadcrumbs, egg and salt and pepper and mix well. With wet hands, form the meatballs, using about 1 Tbsp of the mixture for each. Place on a plate and set aside.

2. In large saucepan, heat the vegetable oil over medium heat. Add the garlic and

onion and cook just until softened, about 3 minutes. Add the bell peppers and cook for another 4 minutes. Add the tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce the heat and simmer for 25 minutes, or until the meatballs are cooked through.

3. Meanwhile, bring the rice and water to a boil, then cover and simmer for 10 minutes. Remove from the heat and let stand for 10 minutes, covered.

4. Serve the meatballs and sauce over the rice. Garnish with pineapple and parsley.

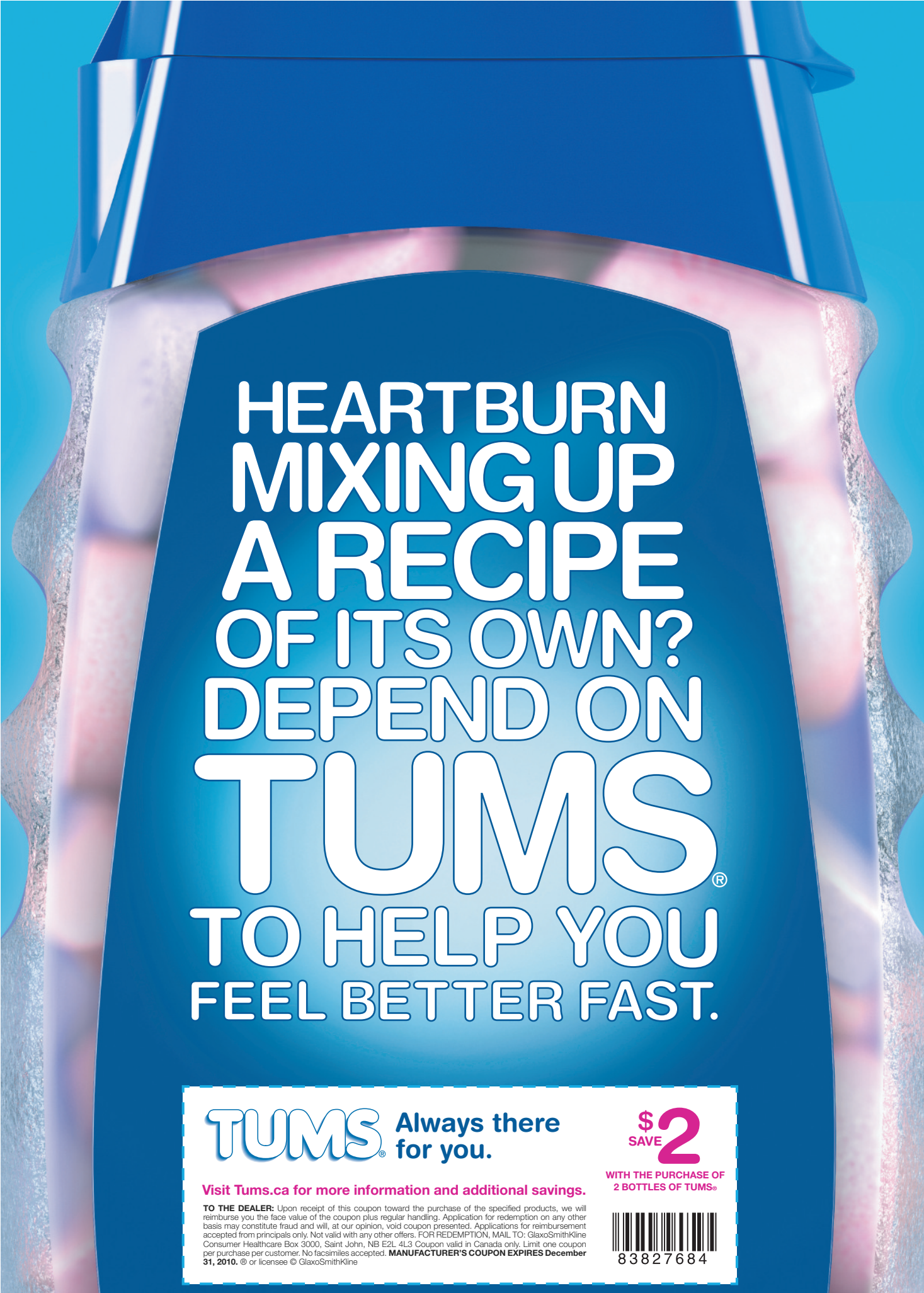
About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca



Rose Reisman's Mushroom and Spinach Miniature Lasagna Rolls.



HEARTBURN
MIXING UP
A RECIPE
OF ITS OWN?
DEPEND ON
TUMS®
TO HELP YOU
FEEL BETTER FAST.

TUMS® Always there
for you.

Visit Tums.ca for more information and additional savings.

TO THE DEALER: Upon receipt of this coupon toward the purchase of the specified products, we will reimburse you the face value of the coupon plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our opinion, void coupon presented. Applications for reimbursement accepted from principals only. Not valid with any other offers. FOR REDEMPTION, MAIL TO: GlaxoSmithKline Consumer Healthcare Box 3000, Saint John, NB E2L 4L3 Coupon valid in Canada only. Limit one coupon per purchase per customer. No facsimiles accepted. **MANUFACTURER'S COUPON EXPIRES December 31, 2010.** ® or licensee © GlaxoSmithKline

\$2
SAVE

WITH THE PURCHASE OF
2 BOTTLES OF TUMS®



83827684

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Vegging out on a low carb diet

JANINE FALCON
for Metro Canada

Studies over the past few years suggest that a low-carb intake is a significant factor in weight loss, and that combined with a high-protein and high-fat approach, can help improve levels of good cholesterol (HDL) and lower triglycerides (fat), and thus reduce the risk of heart disease.

But what if you're a vegetarian? If you rely on carbohydrates as a significant diet component, how do you do low-carb?

The type of carbohydrate to avoid is key — we know not all carbs are created equal. Those made with flour or sugar hit the top of

the don't-eat list.

However, nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts, says Colette Heimowitz, VP of Nutrition and Education for Atkins, the low-carb diet which seemed to have the most independent-study success.

"People are only familiar with the initial two-week induction plan, which is designed to induce fat burning in the body rather than carbohydrate burning," Heimowitz says — surprisingly — that Atkins is vegetarian friendly. For non meat-eaters, the

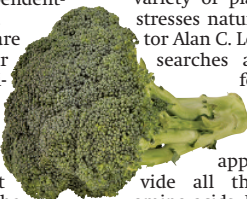
program's protein, fibre, healthy fats and essential amino acids come from tofu, eggs, nuts, seeds and cheese, she explains. Also acceptable are cottage cheese, yogurt and vegetable oils.

"You need a broad variety of amino acids from a variety of plant sources," stresses naturopathic doctor Alan C. Logan, who researches and consults for Genuine Health. For example, on paper, peas appear to provide all the necessary amino acids. But if you eat only peas, "you'll get some amino acids, but lack a few, including methionine, which is important for reducing joint inflammation,

"Nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts."

and tryptophan, which the body needs to manufacture serotonin, which regulates mood," he explains. "You need an 'orchestra' of sources for everything you need."

Logan suggests adding hemp, which serves up twice the lysine that tofu does for anti-viral and immune-system support, doubles the methionine of egg whites, and offers eight times the tryptophan available from milk.



DAVID COOPER / TORONTO STAR

Vegetarians need a wide variety of plant sources to give them all the amino acids they need for a healthy functioning body.



"During the program, I felt less hunger before dinner and fewer cravings for snacks and sweets between meals. I am now more relaxed and enjoy a deeper sleep. I also lost two pounds in one week."

Steven O.

Flor•Essence®

7-Day Purification Program
deep • whole-body • revitalization

Bev Maya
Medical Herbalist

Today, our health is challenged by pollutants, pesticides, food preservatives and poor eating habits. Our elimination systems simply cannot keep up. Over time, toxic build-up in our bodies may lead to serious ailments, but a growing number of health-conscious consumers have found an effective way to purify and revitalize their bodies.

Flor•Essence® Herbal Tea Blend strengthens key organ function while aiding blood circulation to build up the immune system by enabling the body to remove toxins at a higher

Whole Body Revitalization The 7-Day Purification Kit

efficiency than it would on its own. This remarkable tea facilitates the removal of waste through the elimination organs, resulting in less gas, bloating and indigestion.

Now, for the first time, Flora Manufacturing & Distribution has combined the whole-body cleanse of Flor•Essence® with two companion products, Pro•Essence® vegetarian capsules and Floralax® II powder.

Rene Caisse, an Ontario nurse was responsible for deriving Flor•Essence® and Pro•Essence® from traditional Ojibwa herbal remedies and bringing these formulations into widespread use with the help of Dr. Charles Brusch (personal physician to President

John F. Kennedy), Vancouver broadcaster Elaine Alexander, and Thomas Greither, President of Flora.

With the new 7-Day Purification Kit, it is possible to invigorate the digestive system at the cellular level with Flor•Essence® tea, while cleansing the kidneys with Pro•Essence® urinary tract support formula and cleansing the colon with Floralax® II, a natural source of oat bran, flax seeds and psyllium husks, which absorb intestinal toxins and lower blood cholesterol levels.

The Flor•Essence® 7-Day Purification program is a safe and effective way to allow our bodies to absorb more nutrients from the foods we eat. This powerful yet

gentle program works to accelerate the removal of toxins from the body and reduce the potential for serious illness caused by free radicals in our digestive and circulatory systems.

Plenty of water (at least 8–10 eight ounce glasses per day) must accompany the program to help flush out toxins and waste. For best results, it is important to get proper rest and engage in some activity that stimulates circulation, perspiration and deep breathing. For optimal health, eat a nutritious diet that includes leafy greens, bright vegetables, fruits, berries, seeds and nuts.

Available at
Health Food stores
Nutrition Company
Gloucester Center
613.745.9545

Nutrition House
Carlingwood Mall
613.792.1558
Merivale Mall
613.727.7522
Rideau Center
613.569.7655

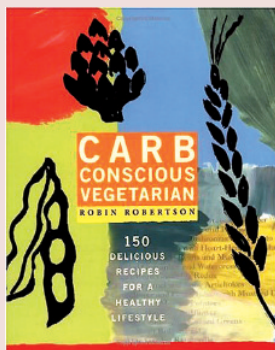
St Laurent Shopping Center
613.842.4116
Place D'Orleans
613.841.9593



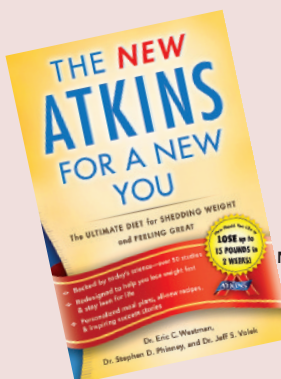
SPECIAL FOCUS ON:

Nutrition

The building blocks for a low carb vegetarian diet



Carb Conscious Vegetarian by Robin Robertson (June, 2005), \$21.95 at amazon.ca; a recommendation for its recipes by Dr. Alan C. Logan, a naturopathic doctor, who researches and consults for Genuine Health.



New Atkins for a New You by Dr. Eric C. Westman, Dr. Stephen D. Phinney, and Dr. Jeff S. Volek (March, 2010), \$19.99 at amazon.ca

Genuine Health Vegan Proteins+ provides low-carb vegetarian back-up with essential amino acids and protein sans corn, dairy, egg, wheat, soy, yeast, animal products, sugar or preservatives. 280 g, \$21; 840 g, \$47, at health stores.



PHOTOS PROVIDED

A superfood that makes you go 'Yum!'

FRUIT Synonymous with summer, apricots are delicious eaten dried or fresh. Small and with a pretty golden-orange velvety skin, apricots are sweet and musky in taste and are delicious sprinkled on cereal or eaten on their own.

They are full of beta-carotene and fiber, both essential for younger-looking skin and a healthy heart.

The fruit is high in vitamin A and is a powerful antioxidant essential in the promotion of good vision.



ROMINA MCGUINNESS/
METRO WORLD NEWS

Excellents jobs, Excellents employeurs, Excellentes possibilités

La Foire d'Emplois Bilingues à Ottawa

Lundi 29 mars et mardi 30 mars 2010 – De 10h à 18h

Au Hampton Inn & Conference – Salle Main

200 chemin coventry, Ottawa – (Vanier pkwy & Coventry)

Plus de 60 exposants: ING Direct, TD Canada trust, Bank of America, Cowan Insurance group, H2O, Service Canada, Sunlife Financial, Adecco, Manpower, Labortek, Maxsys ...and more

Plus de 1500 postes à combler: Administration, comptabilité, santé, éducation, Finances, service à la clientèle, technologie, communication, ventes, ingénierie, gouvernement, collection ...et plus

Avec des ateliers en employabilité et entrepreneuriat et le panel de discussion sous le thème : « Où sont les candidats bilingues ? Stratégies possibles pour réduire la pénurie de main d'œuvre bilingue et combler la demande croissante de travailleurs Bilingues »

Pour plus d'information appelez 1-866-784-3020 ou visitez

www.bilinguallink.com



Une activité de la Foire des carrières, en partenariat avec :
Citoyenneté et Immigration Canada
Agence fédérale de développement économique pour le sud de l'Ontario
Conseil économique et social Ottawa Carleton
Réseau de soutien à l'immigration francophone Centre sud ouest
YMCA-YWCA de la capitale nationale

Give your Legs a Facelift!

Varicose Veins
Bulging veins on your legs?
Good news: NO Surgery!
Ultrasound-guided injections
treat large varicose veins.

Spider Veins
Spider veins on your legs
or face? Get rid of them
with simple injections.

Dr. Lucie Beaupré



OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard
de L'Hôpital
Suite 200
(819) 561-0561

www.drbeaupreveinclinic.com

DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

WHERE FASHION MEETS HEALTH

With spring and then summer just around the corner, a whole new season of fashion trends for young adults will become apparent. Not all of them relate to clothing. Tattoo's and piercings are a huge part of today's fashion trends.

When it comes to these forms of "body art", people are warned to ensure they go to a reputable studio to make sure clean needles are used and that other necessary health precautions are followed. When it comes to piercings, people should be aware that health and safety precautions do not come to an end after the piercing is received. This is particularly the case for those that are in the mouth area, such as the tongue or the lips.

It may not be pleasant to think about it, but the tongue is prime breeding ground for bacteria. Millions of these organisms make their home in this small little area of the body. In fact, as much as 70% of the bacteria found in the mouth make their home on the tongue.

Bacteria build-up on the tongue can cause serious health concerns. As it



Dr. Bao Nguyen
Dental Surgeon

extends to the gum line, it can cause periodontal disease.

More serious problems, such as infections, can occur if the bacteria finds its way into the bloodstream. These infections may not necessarily remain in the mouth. Blood flows throughout the body and it can transport that bacteria wherever it goes.

If you are thinking of getting your tongue or lips pierced, you have even more reason to keep your tongue clean. The piercing creates an open wound that gives easy access for the bacteria to get into the blood stream.

Even if you manage to avoid any infections from the piercing, you have created a great place for bacteria to accumulate. People with pierced tongues who fail to properly clean around the piercing are more likely to have bad breath than those without piercing.

While we recommend against any piercings in the mouth area, we know that for some, the desire to have that look will just be too compelling. It is that much more important for you to keep the area around the piercing as clean as possible.

Even if you have not pierced your tongue, your regular oral hygiene routine should include brushing your tongue daily and visiting your dentist every six months. This will help alleviate bad breath, reduce the risk of periodontal disease and may even prevent a more serious infection. Brushing your tongue is a healthy habit...and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon



Breakfast sets up your body's energy levels for the rest of the day — don't skip it!

Become a champion of breakfasts

CELIA MILNE
for Metro Canada

Think of a good breakfast as fuel and medicine for your body.

"Skipping breakfast, regardless of age, is associated with poorer mental and physical health," says doctor of naturopathic medicine Dr. Tracey Beaulne.

Studies have found that eating breakfast fights fatigue and emotional stress, cuts down on hunger later in the day, and enhances problem-solving skills and logical reasoning.

says Beaulne, who practises at Bayview Natural Health Clinic and at the Active Therapy Clinic at the Granite Club in Toronto.

She sees a lot of patients who are relatively healthy, but would like to feel better than they do. Common complaints are recurrent colds and infections due to stress, fatigue from overwork, gastrointestinal issues from poor nutrition, insomnia, stress, and weight issues.

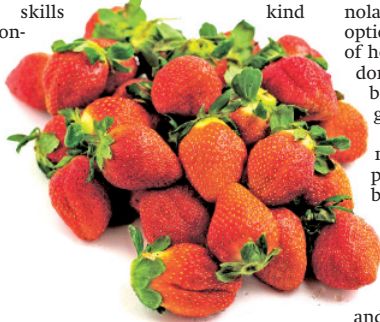
For her, the best kind

of breakfast is one that includes lots of fibre, not much sugar or fat, and ample protein.

Sugary cereals and granola bars aren't the best option, says Beaulne. Many of her patients admit they don't make time for breakfast or aren't hungry in the morning.

For them, she recommends a smoothie. Try putting low-fat yogurt, blueberries, bananas, hemp oil, ground salba, and unsweetened almond milk in a blender.

Adjust the flavour and thickness to your own taste, she suggests.



Questions to ask yourself before opening the fridge door

As a naturopathic doctor, Dr. Tracey Beaulne uses food as medicine. She suggests you ask yourself these questions:

- How can this food help my body?
- Is it colourful and packed with nutrients?
- Will it give me the protein my body needs?

- Am I getting the good fat I need from oily fish, avocados, nuts and seeds, and olive oil?
- Do I feel well after I eat this food?
- Am I getting the fibre I need for good bowel habits?

CELIA MILNE/METRO CANADA

Books to beat that belly fat

HEALTHY SIN FOOD: DECADENCE WITHOUT THE GUILT

BY DR. JOEY SHULMAN
Chocolate, cinnamon and almonds — they sound more like the ingredients to a decadent dessert than the building blocks to weight loss. Dr. Joey's breakdowns the nutritional value of the top 50 superfoods in an informative and engaging way. And with 101 mouth-watering recipes (gourmet grilled cheese, yes please!), you can't lose with this book. Except those extra pounds, of course!



FLAT BELLY DIET!

BY LIZ VACCARIELLO

Promising to shrink your waist in 32 days, this book lays out an easy-to-follow daily exercise routine, along with meal plans to take you through each week. The meals are easy to make and the book includes a weekly grocery list to make the shopping a piece of cake — well, more like a handful of almonds.



Tips to live your life by

For better nutrition and overall health, checkout Dr. Tracey Beaulne's tips:

- 1 Eat more veggies than fruit.
- 2 Take a cooking class to expand your palate.
- 3 Do yoga, meditation, or qi gong to balance out the stress hormones of daily life.
- 4 Go to bed by 10 p.m. for optimal melatonin.

5 Exercise, for those feel-good endorphins.

6 When buying fruits and vegetables, buy organic, especially for "the dirty dozen" — peaches, apples, peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears (see ewg.org for more information).

CELIA MILNE/
METRO CANADA



The kitchen isn't the only room getting steamy

The J Spot

Josey Vogels

metronews.ca/thejspot

When it comes to sex and food, you definitely are what you eat. An estimated 80 per cent of erectile problems are the result of hardened arteries restricting blood flow and can be traced to a diet high in fatty foods, sodium and red meat.

Women may not have the same issue, but diet can also affect women's levels of desire, arousal and lubrication. Also, if you're eating well, you feel better about your body and feeling good about your body and feeling sexy go

hand in hand.

Food itself can be sexy. While there is no scientific proof behind the aphrodisiac quality of certain foods, studies have shown that chocolate — often touted as an aphrodisiac — contains phenylethylamine (PEA), a chemical that is also released in the brain when you fall in love. And one of the reasons shellfish such as oysters are considered an aphrodisiac is because they're loaded with zinc, important for sexual vitality.

Texture is often what makes foods we tend to think of as aphrodisiacs so stimulating, like the creamy, sweet texture of chocolate or the juicy flesh of a ripe mango.

The word itself derives from Aphrodite, the Greek

goddess of love and mother of Eros (the Romans knew the two as Venus and Cupid). Aphrodite rose naked on a scallop shell from the sea



foam generated where the genitals of her father, Uranus had been hurled after his castration in one of those divine disturbances common in Greek mythology. The Fates assigned the goddess only one duty: To make love. Not a bad gig.

When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat. Sharing a first meal with a new lover can be very exciting and revealing. A person's table manners can speak volumes.

Cooking for a lover can also be a real turn-on. Going to the trouble of finding out what they like to eat and then

shopping, cooking, decorating the table with flowers and candles and cracking open a nice bottle of wine makes them feel pampered and special. Talk about foreplay.

Finally, there's nothing like cooking a meal together to test the power dynamics of a relationship. If

no one loses any fingers or ends up with a meat cleaver in the head by the time you sit down to eat, the relationship might stand a chance.

Bon appetit!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Un enfant,
ça coûte cher...

ilfautsavoir.com
mustknow.ca



"When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat."



ottawa eye clinic

YOUR VISION IS OUR NO.1 PRIORITY!



680 Montreal Rd. • 613.745.7844

FREE PARKING

www.ottawaeyeclinic.ca

**COMPREHENSIVE
EYE EXAMINATIONS**

EVENING AND WALK-IN
APPOINTMENTS AVAILABLE



Dr. Dominique Vienneau, Dr. Joseph Mittelman, Dr. Maimouna Koala
Optometrists

Weighing in on the waists of the world

ROMINA MCGUINNESS
for Metro World News



After having visited more than 30 countries in two years, celebrity fitness trainer Harley Pasternak came back to the U.S. wondering why the rest of the world was not as overweight as the average North American.

Using the lowest obesity rates and highest life expectancy, Pasternak analyzed the lifestyle and habits of the world's 10 healthiest countries: Japan, China, Sweden, France, Italy, Spain, South Korea, Greece, Israel and Singapore.

Pasternak tells us how; it's a question of calories in and calories out.

He looks at what these countries eat, how they prepare it and how they burn it.



Spanish men dig into a delicious — but small — tapa (above); adding colourful food to your plate is the way to go (right)

HOW Obesity is beginning to overtake smoking related disease, as the number one cause of the death so knowing when to stop eat-

ing is crucial. The Japanese stop eating when they are 80 per cent full — they call it "happi hambushi." They then wait 10 minutes to decide if they are still hungry. The Swedish refer to this as "lagom," meaning, "that's enough."

PORTION CONTROL The French don't always eat healthily, but only eat small portions of the not-so-healthy foods. The same applies to the Greek mezze, Spanish tapas, and the Chinese Dim Sum, whereby people only eat bite-sized portions. The fo-

cus is on the flavour and quality, not on the quantity. In the U.S., people tend to have one huge plate piled with food and will carry on eating past the point of satiety.

WALKING Walking is the only overlapping factor between the 10 countries. The average person should be walking up to 10,000 steps a day, yet North Americans are clocking in

a mere 4,000. The Italians have "passa giara," where everyone goes for a long walk after a big lunch.

COLOR You should have five colours on your plate with every meal, as each one dictates the nutrients in the food. Yellow foods can be eggs or squash; tofu for white; eggplant for purple; tomatoes and peppers for red and broccoli or spinach for green.

THE BADDIES Dairy products and carbohydrates are staples of the healthiest countries' diets, even though they have a well-known reputation as a dieter's don't. Swedes are huge fans of dairy, including milk, cheese and yoghurt as are the Greeks, French and Israelis. Eaten on their own, carbohydrates have no fat and plenty of fiber.

LITTLE MEAT All 10 countries rarely consume red meat, preferring a vegetarian-based diet. Leaner sources of protein such as fish, nuts or lentils are chosen to complement the diet. The U.S. are the world's biggest consumers of red meat.



Super foods from the top five countries

1 ITALY: balsamic vinegar, tomatoes and oregano

2 JAPAN: seaweed, fish, soy and green tea



3 SWEDEN: dairy and rye bread

4 SPAIN: citrus fruits, oranges and lentils

5 GREECE: olive oil and yoghurt



ROMINA MCGUINNESS/
METRO WORLD NEWS

MIGRAINE RELIEF

Take Back Your Life!

www.dr.michaelpilon.com
1105 Carling Ave. 613.722.2223

Dr. Pilon
Dentist

ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says Professor John Tagg, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. BLIS K12 is a naturally occurring component of the *S. salivarius* probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.



Professor John Tagg

"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to 'seed' BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg's research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the U.S.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



CulturedCare Probiotic Gum with BLIS K12 is available at fine natural health product stores and pharmacies:

Granny's Natural Food Emporium
613-592-4558

Natural Food Pantry-Billingbridge
613-737-9330

Nutrition House-Rideau
613-569-7655

Sol Aliment
819-684-0512

Casalubris
613-722-2272

Modern Thymes
613-283-3612

Natural Food Pantry-Kanata
613-836-3669

Pantry Plus
613-830-5790

Sport Supplement Warehouse
613-224-1238

Laboite Grain-Gatineau
819-243-3002

Natural Food Pantry-Carlingwood
613-728-1258

Market Organic
613-241-6629

Rainbow Natural Foods
613-726-9200

Almonte Naturals
613-256-1833

Laboite Grain-Hull
819-771-3000

For info on CulturedCare call
Prairie Naturals Toll Free at: 1 800 931-4247



Find us on
[facebook.com/CulturedCare.Probiotics](https://www.facebook.com/CulturedCare.Probiotics)



Follow us on
twitter.com/CulturedCare



A Division of Prairie Naturals
Visit: www.PrairieNaturals.ca

Harley's five

HEALTHY LIVING Celebrity fitness trainer Harley Pasternak is the reason Lady Gaga wears hot pants from breakfast to dinner.

Pasternak invented the five-factor diet whereby everything is set out in sets of five, from the food to the workout.

Here's how it works. Do five days of working out a week with one day off, and "cheat day" to remove the pressure of dieting.

Strength and cardio workouts last between 25 and 45 minutes and are broken up by five-minute phases (warm up and cool down).

Eat five times a day: three meals (breakfast, lunch and dinner) and two snacks containing low fat protein, fiber, healthy carbs and fats. One sugar free drink is allowed with the main meal.

ROMINA MCGUINNESS/
METRO WORLD NEWS



Evans promoted to captain

The Hollywood Reporter is reporting that Chris Evans has officially been offered the role of Captain America. If the Fantastic Four actor were to accept the role, he would sign on for up to three Captain America movies. PEOPLE.COM

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Just Married!

Borat star Sacha Baron Cohen has married longtime girlfriend actress Isla Fisher, according to Women's Day. The ceremony reportedly took place in Paris, where the two spent a week at the Hotel Ritz. EW.COM

The boy next door

Teen heartthrob Justin Bieber is just too cute to hate

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

It may be just me, but I really want to hate Justin Bieber. The 16-year-old Canadian kid, in case you've been living under a rock, is one of the biggest musicians in North America right now.

He's everywhere — from chatting with Katie Couric and posing for the cover of Billboard Magazine to weeks being on Twitter's trending topics list, it's impossible not to run into something Bieber.

The oversaturation is not why I want to dislike the skinny, androgynous looking boy from Stratford, Ont., though it doesn't help. The reason? There isn't one — he's hard not to like.

Don't get me wrong, Bieber is obnoxious — he's got an odd speaking voice, sounding like a mixture of Jay-Z, suburban Canuck and cocky teen, and he's not doing anything for his fans' musical tastes, who are stuck singing eye-rolling saccharine pop that sounds like a mixture of Michael Jackson, 'N Sync, and every American Idol winner.

But Bieber's appeal lies beyond his mostly forget-

table melodies — the singer knows how to connect to his audience in a way most acts can only dream of.

What I like about Bieber (besides being giddy about visiting family in Winnipeg, where I'm originally from) is that he acts, sings and talks like a teenager, albeit a teenager who has countless adoring female fans and a travel schedule that takes him around the world. He talks about his mom a lot, he's never made it a secret that he was discovered via embarrassing videos of him play-

"Bieber's appeal lies beyond his mostly forgettable melodies — the singer knows how to connect to his audience in a way most acts can only dream of."

ing what looks like an oversized guitar on YouTube (he's just really small) and he writes, cleanly, about the same, turbulent, adolescent love that us adults are happy to forget. How can you dislike a guy that sings "adore ya, girl I want ya... you're my special little lady, the one drives me crazy?"

Bieber's new album, My World 2.0, closes with a ballad about seeing his girl out with another guy. "Did you think that I wouldn't see you out at the movies," he sings on That Should Be Me, before launching into a gut wrenching (for a pre-teen) chorus about how it should be him "holding your hand." At the risk of sounding condescending, the whole act is really cute.

And that's exactly why he's as popular as he is. More so than Justin Tim-

berlake or New Kids on the Block, Bieber is the boy next door. He's not particularly handsome, he's got a faux-edge that many teenage boys put on for the girls, and he loves to hang out at the mall (or at least perform there). He's wholesome without being Disney — he's the kid who'll grow up to be a doctor or maybe an accountant. For everyone wondering why this guy is so popular, there's your answer.

And you know what? I can't fault him for playing to his audience.

In a music industry where teens go wild over Lady Gaga's oversexed outfits and the Black Eyed Peas' "dirty dancing," it's not so bad to have a slightly annoying, but good-natured Canadian kid topping the charts.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



Justin Bieber, whose rise to fame has been meteoric, is poised for further success with the release today of new album My World 2.0.



METRO OTTAWA would like to celebrate our 5TH ANNIVERSARY by giving you a chance to WIN a...



CalderaSpas®
Pure Comfort



...HOT TUB FROM CLUB PRO SPAS!
OTTAWA'S LARGEST SELECTION OF HOT TUBS • CLUBPROSPAS.COM

The Caldera Spas C30 hot tub has room for 6 adults to enjoy the 30 massaging jets, cascading waterfall and soothing L.E.D. underwater lighting.

Visit clubmetro.com and enter for your chance to WIN!

Colour is not exactly as shown. To register & for full contest details visit clubmetro.com



JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM, C.A.C., D.A.C., B.S.C., B.P., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage Therapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, **Fybromyalgia**, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, **Migraine**, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, **Back Pain**, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Shia LaBeouf ran the Los Angeles Marathon in less than five hours on Sunday. The Transformers actor ran the 26.2 mile race to raise money for charity US VETS in four hours, 35 minutes. **METRO NEWS SERVICES**



Canadian Real Estate Investment Group

Ottawa's Monthly Investor Meetings

Held on the 4th Wednesday of every month. Mention this ad and 2 can attend the first meeting **FREE**. Next Investor Meeting:

MAR 24th, 2010 @ 7pm

(Registration starts 6:30pm)
Southway Inn Hotel, 2431 Bank St.,
Ottawa

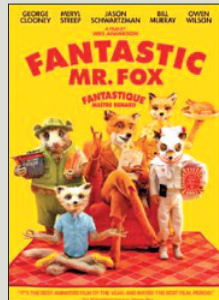
Main presentation titled:
Ontario Landlord & Tenant Act

Reserve your seat
Email: ottawa@canreig.com

- ◆ Lucrative Investments Education
- ◆ Educational Real Estate Seminars, Workshops & Webinars
- ◆ First Time Home Buyer Programs
- ◆ Lease Option & Rent to Own
- ◆ Networking Events

For meeting details, visit us at
www.CANREIG.com
1-866-959 0063 Ext. 6074

DVD picks



Fantastic Mr. Fox

Directors: Wes Anderson

DIRECTOR/WRITER Wes Anderson and co-writer Noah Baumbach make a few modest changes from Roald Dahl's eponymous source novel about a furry chicken thief, but they remain faithful to Dahl's good spirit and sense of wonder at the natural world.

At first glance, it's somewhat puzzling that Anderson, a dedicated hipster Texas filmmaker now living in chic Parisian exile, would be attracted to Dahl's veddy British bedtime story. But the mystery is resolved

soon. Mr. Fox, voiced by the ubercool George Clooney, is as hip as they come.

As we join the story, Mr. Fox is having a vulpine mid-life crisis. He's a successful and snappily dressed newspaper columnist, loyal spouse to Felicity (Meryl Streep) and devoted father to son Ash (Jason Schwartzman). But he's no longer happy living in a hole and wants to relocate to fancier digs in a hilltop tree and he's eager to return to a life of "pure wild animal craziness."

His lawyer Badger (Bill Murray) warns him the tree is within shooting distance of the farms of Boggis, Bunce and Bean, "three of the meanest, nastiest, ugliest farmers in this valley."

Mr. Fox is undeterred. He plans the proverbial "one last big job" both to replenish the larder and to prove he still has foxy cojones.

With an engaging story, painstaking retro stop-action animation, an agreeably perverse soundtrack and dreamy colour palette, Fantastic Mr. Fox is a

crowd pleaser for all ages.

Extras include numerous making-of features about the film and backgrounders on the world of Dahl, including one called A Beginner's Guide to Whack-Bat.



The Blind Side

Directors: John Hancock

SUPSICIONS THAT Sandra Bullock received her recent Best Actress Oscar as a career achievement award rather than more immediate recognition are amply borne out by this schmaltzy hit.

It's the feel-good motivation sports tale of rich white southerner Leigh

Anne Tuohy (Bullock), who takes impoverished and illiterate black youth Michael Oher (Quinton Aaron) into her family, to nurture the amazing football skills she's knows are within him.

Were it not based on a true story, that writer/director John Hancock has dressed up just a bit, the "liberal guilt" aspect of the film might be too much to take.

Even knowing there is a real Tuohy doesn't make The Blind Side any less cavity-inducing, or utterly predictable in its narrative arc.

Still, it must be said that Bullock excels at this kind of character and the film actually plays better on the small screen than it did on the big one. It seems like a "Movie of the Week" that successfully made a Hail Mary pass.

The extras on the plain DVD are limited to deleted scenes. The Blu-ray version offers a chance to see Bullock with the real Leigh Anne Tuohy, and to marvel at how much they are alike.

Peter Howell/for Metro Canada

PT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/23/10	265 353 2	TVO The End of Suburbia	ET Canada	The Agenda With Steve Paikin	NCIS (HDTV)	Father & Son (Part 4 of 4) (N)	The Virus Empire (Part 1 of 2)	The Good Wife (HDTV)	Agenda-Paikin	
	211 331 3	GTV Entertainment	ET Canada	NCIS (HDTV)	NCIS: Los Angeles	NCIS: Los Angeles	The Good Wife (HDTV)	News Hour		
	- - 5	SRC Virginie (SC)	La Factice	Beautés désespérées (SC)	Musee Eden (N) (SC)	Le Téléjournal Nouvelles (SC)	Le Téléjournal Nouvelles (SC)	TJ Ontario		
	209 342 6	CHRO Degraasi: Next	TMZ (N)	Lost "Recon" (HDTV)	The Middle (N)	Old Christine	(10:06) V (HDTV) (N)	Comedy Now		
	196 311 7	CTV Lost "Ab Aeterno" (N)	American Idol The Top 11 contestants perform.	Lost "Recon" (HDTV)	The Middle (N)	Old Christine	Law & Order: Special Victims	CTV News		
	208 303 8	CBC Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Laughs	Comedy Fest	CBC News: The National	The Hour	
	- 360 9	NBC State of City	Jeopardy! (N)	The Biggest Loser (N)	CSI: NY (SC)	La Promesse (HDTV) (N) (SC)	Flashpoint (SC)	Parenthood "Wassup"	News	
	117 713 10	TVA La Fièvre de la danse (SC)	Caméra Café	Caméra café	La Promesse (HDTV) (N) (SC)	Flashpoint (SC)	L'Attaque à 5 (N)	TVA nouvelles (10:45) Denis Lévesque		
	- - 11	OS Big Brother QC	Roxy (SC)	CSI: NY (SC)	NCIS: Los Angeles	The Good Wife (HDTV)	Two/Half Men	King/Queens	Cold Case	
	137 763 12	TFO Panorama	Entertainment	Envers des grands magazines	NCIS (HDTV)	The Good Wife (HDTV)	Parenthood "Wassup"	News		
	- 362 13	CBS The Insider (N)	Judge-Brown	Omni News: S. Asian Edition	Omni News: Italian Edition (N)	Vivere V	Omni News:	Law & Order: Criminal Intent	Metropolis	
	216 395 14	OMN2 Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Italian Edition (N)	Vivere V	Omni News:	Law & Order: Criminal Intent	Metropolis	
	214 344 15	CFTM Law & Order: Special Victims	The Office	Omni News: S. Asian Edition	Omni News: Italian Edition (N)	Vivere V	Omni News:	Law & Order: Criminal Intent	Metropolis	
	115 343 16	CFMT Two/Half Men	The Office	Omni News: S. Asian Edition	Omni News: Italian Edition (N)	Vivere V	Omni News:	Law & Order: Criminal Intent	Metropolis	
	218 345 18	CHCH The Skulls * (2000, Suspense), Paul Walker	Entertainment	Lost "Recon" (HDTV)	Lost "Ab Aeterno" (N)	(10:06) V (HDTV) (N)	Revue	Periodique-quest.		
	- 361 20	ABC Action News	Entertainment	Heure polin.	L'Heure politique	100 Huntley Street	Life Today	This Is Day	John Hagee	
	512 396 24	CPAC La Période de questions	Little House on the Prairie	Dr. Quinn, Medicine Woman	American Idol The Top 11 contestants perform.	Frontline (DVS)	FOX 2 News (N)	Independent Lens (N)	Charlie Rose	
	651 355 25	CTV TMZ (N)	Seinfeld	NOVA (DVS)	Frontline (DVS)	FOX 2 News (N)	Independent Lens (N)	Charlie Rose		
	- - 64	PBS Business Rpt.	Help Wanted	American Idol The Top 11 contestants perform.	Frontline (DVS)	FOX 2 News (N)	Independent Lens (N)	Charlie Rose		
	205 312 104	NTV Lost "Ab Aeterno" (N)	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	Campbell Brown (N)	Larry King Live (N)	CBC News: The National	Law & Order: Special Victims	CTV News	
	502 390 26	CTV The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	Campbell Brown (N)	Larry King Live (N)	CBC News: The National	Law & Order: Special Victims	CTV News		
	500 500 33	CNN John King, USA (N)	MMA Conn. NHL Hockey Philadelphia Flyers at Ottawa Senators. (HDTV) (Live)	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal		
	406 417 27	net 24 Heures en 60 minutes	That's Hockey! World Series of Poker	World Series of Poker	Curling	Score Now				
	126 730 28	RDI That's Hockey! World Series of Poker	World Series of Poker	World Series of Poker	Curling	Score Now				
	400 280 30	TSN (6) WWE SmackDown!	Destination Truth	Monster Jam (HDTV) (N)	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken	
	410 403 52	SCR Ghost Hunters	NASCAR Hub	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	
	411 457 56	OLN Ghost Hunters	NASCAR Hub	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	
	417 406 59	SC Johnny Test	Sony Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Ned's School	Cory in House	
	554 544 48	TEL Johnny Test	Sony Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Ned's School	Cory in House	
	552 545 45	FAM Johnny Test	Sony Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Ned's School	Cory in House	
	570 580 29	YTV iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	
	515 520 31	A&E The Daily Fix	Criminal Minds (HDTV)	Criminal Minds (HDTV)	UFC Unleashed	19 Kids and Counting	Partir autrement	CSI: Miami (HDTV)	Blue Mountain	Players (N)
	628 584 32	SPEK UFC Unleashed (HDTV)	UFC Unleashed	UFC Unleashed	19 Kids and Counting	Partir autrement	CSI: Miami (HDTV)	Blue Mountain	Players (N)	
	521 560 34	TLC Ultimate Cake Off	Horizons (SC)	Relic Hunter	The Perfect Child (2007, Drama) Rebecca Budig	Johnny Cash: Man in Black	Destroyed	Destroyed	Swamp Loggers (N)	Daily Planet
	145 761 35	TVS Relic Hunter	The Perfect Child (2007, Drama) Rebecca Budig	Johnny Cash: Man in Black	Destroyed	Destroyed	Swamp Loggers (N)	Daily Planet	Meet-Wilsons	
	616 521 39	BVO Live at the Rehearsal Hall	How It's Made	How It's Made	Reba	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	ET Canada
	520 505 42	DMS Daily Planet (N)	How It's Made	How It's Made	Reba	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	
	575 583 43	CIT Amer. Funniest Home Videos	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	
	601 562 45	SLC Rich Bride Poor Bride	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	
	625 548 46	COM Air Force	22 Minutes	Corner Gas	Name Is Earl	Law & Order: Special Victims	Sarah's House	Genevieve	Masters of Science Fiction	Spring Break Challenges
	294 529 47	TBS Family Guy	Family Guy	House-Payne	Curb/Block	Star Trek: Voyager	Cribs	Going Out, Him	The Celebrity Apprentice (HDTV) (N)	Cities of the Underworld
	600 564 49	H&G House Hunters	Property Virgin	Outdoor Room	Curb/Block	Star Trek: Voyager	Cribs	Going Out, Him	The Celebrity Apprentice (HDTV) (N)	Cities of the Underworld
	627 528 50	SPC Stargate Atlantis	Cribs	Going Out, Him	The Celebrity Apprentice (HDTV) (N)	Cities of the Underworld	Ondes de choc	May-December	When I Laugh	Shopping Bags
	581 566 53	MTP Peak Season	Cribs	Going Out, Him	The Celebrity Apprentice (HDTV) (N)	Cities of the Underworld	Ondes de choc	May-December	When I Laugh	Shopping Bags
	618 524 54	TRV The Celebrity Apprentice (HDTV) (N)	Cities of the Underworld	Ondes de choc	May-December	When I Laugh	Shopping Bags	Cashing In	Rabbit Fall	The Ellen DeGeneres Show (N)
	522 506 55	HIS Ancient Discoveries	Biographies (HDTV)	Murder, She Wrote	Supernanny	Fish Out of	Mixed Blessing	Look-A-Like	TLK	Ricardo
	129 773 60	CD Biographies (HDTV)	Murder, She Wrote	Supernanny	Fish Out of	Mixed Blessing	Look-A-Like	TLK	Ricardo	
	261 394 61	V Murder, She Wrote	Supernanny	Fish Out of	Mixed Blessing	Look-A-Like	TLK	Ricardo		
	602 567 62	W Supernanny	Fish Out of	Mixed Blessing	Look-A-Like	TLK	Ricardo			
	269 350 70	APTN Fish Out of	Mixed Blessing	Look-A-Like	TLK	Ricardo				
	621 527 71	TLK Look-A-Like	TLK	Ricardo						
	603 561 95	FN Ricardo	Exotic	Dinner: Impossible						

critics'corner

The Good Wife

When a judge overturns a straightforward plea deal arranged by Alicia (Julianne Margulies), she and Kalinda (Archie Panjabi) delve into the jurist's record in an effort to understand his motivation. To Will's (Josh Charles) delight, Diane (Christine Baranski) gets an offer that she cannot refuse — one that would force her to leave the firm. Tony Goldwyn, Kate Burton, Michael Boatman and Dash Mihok guest star in "LifeGuard." 10 PM on 13 CBS, 3 GTV



Parenthood

Adam and Kristina (Peter Krause, Monica Potter) resort to questionable tactics as they investigate Haddie's (Sarah Ramos) secret relationship. Jabbar (Tyree Brown) has an accident under Crosby's (Dax Shepard) watch. Sarah (Lauren Graham) is at a loss about how to deal with Drew's (Miles Heizer) budding maturity. Julia and Joel (Erika Christensen, Sam Jaeger) are reluctant to let Amber (Mae Whitman) baby-sit for them in the new episode "Wassup." 10 PM on 15 CITY 9 NBC

Tyson's pigeon show under fire

TV An animal welfare group wants New York City prosecutors to investigate Mike Tyson's reality television show about pigeon racing.

People for the Ethical Treatment of Animals says the Brooklyn-based show is cruel to animals and its races could involve illegal gambling.

The show will follow Tyson as he competes in pigeon races. The former world heavyweight champion has raised pigeons all his life but is a racing rookie.

The show airs next year on Animal Planet. A spokeswoman says there have never been plans for wagering on the races.

THE ASSOCIATED PRESS

Kenya'sStyle



Kenya Hunt

Exclusively at
metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Jersey Shore move to Miami

Time to pack the hair gel and Situation T-shirts, Jersey Shore, which stars Snooki, is heading south. Preparation for Season 2 is set to begin in two weeks in Miami, The Miami Herald reports. [TVGUIDE.COM](#)



The return of Thrush Hermit

Seminal '90s indie act reunite for mini-tour

CAM LINDSAY
for Metro Canada



With nostalgia for the '90s in full swing, it makes sense for a band as beloved as Thrush Hermit to reunite. Many felt the seminal East Coast indie band called it quits far too early in the midst of a creative peak in 1999, following the release of their second album, *Clayton Park*.

The whirlwind reunion mini-tour (shows in Moncton, Halifax, Waterloo, Peterborough, Ottawa and Toronto) is a "sort of celebratory jaunt" to loosely coincide with the anniversary of their demise, explains vocalist/guitarist Rob Benvie. "The idea had been kicking around in a half-fassed kind of way for a while.

"I think we're pretty aware that this tour is all about fun and celebrating happy memories — for us, as well as those that come out."

Rob Benvie

"Last summer I spent some time in India and while there suffered a bout of deep nostalgia, part of which involved listening to the old records and thinking wistfully of years past. I hit up the guys on the idea and we all agreed the time was right."

Their nine sold-out shows confirm that Thrush Hermit fans feel the same. Benvie says they "originally intended on only doing two or three shows. However, once the word got out, offers rolled

in and we expanded the project."

The members hitting the stage will be the most familiar lineup: Benvie, Joel Plaskett, Ian McGettigan and Cliff Gibb. Fully aware of the expectations that come with reforming after a decade, Benvie says, "We're a bit older, but not that old. And we've all kept actively rocking in other forums since, so cascading back into the classic Hermit paradigm shouldn't be too tough. We intend on making it just as mighty, if not



Thrush Hermit is back together for a short tour. The band performs in Ottawa on Thursday.

mightier, than we were in our prime."

In order to do it right, the band will have new merch on hand including "attractive new shirts" and a seven-disc set compiling their complete discography for sale. Containing six CDs and a DVD with a 1999 doc and unseen footage, Benvie considers

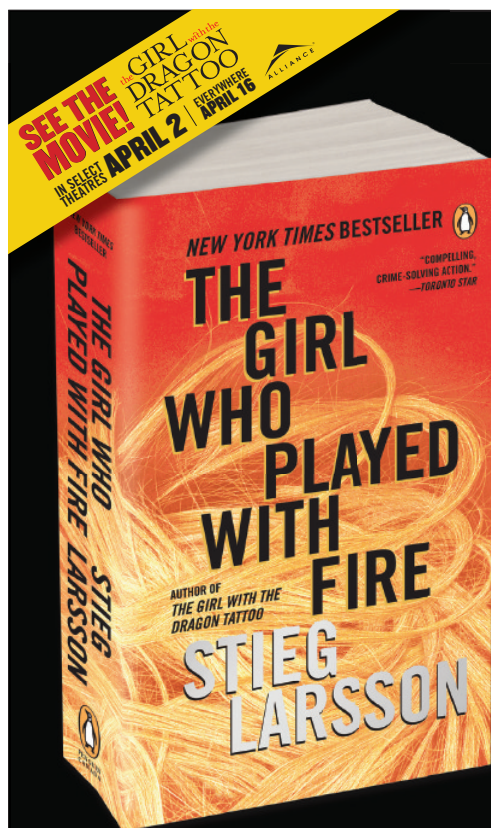
it "the ultimate reward for those that still pledge allegiance to the Hermit."

As for what happens after they close their last set at an all-ages gig on March 28 in Toronto, Benvie is unequivocal. As far as anything new, the band has "no desire to get that machinery rolling again. I think we're pretty aware

that this tour is all about fun and celebrating happy memories — for us, as well as those that come out."

In Concert

- Thrush Hermit plays The Capital Music Hall on Thursday.



Now in paperback, Book Two of THE MILLENNIUM TRILOGY

Over 26 Million Copies Sold Worldwide

"Salander is back."

—THE NEW YORK TIMES

"Lisbeth Salander could be the female Jason Bourne ... an intelligent, fascinating story that draws readers in, and keeps them turning the page." —ASSOCIATED PRESS

Win a trip for two to see Stieg Larsson's Stockholm



"BELIEVE THE HYPE."
—PEOPLE

Visit Metronews.ca/Penguin to enter. Contest ends April 30.





Josh Duhamel and his wife Fergie will be parents one day. Just not yet, people.com reports. "We'll go there are some point," he said at the ShoWest convention in Las Vegas, while promoting his movie Life As We Know It. **METRO NEWS SERVICES**

Celebrity Buzz

McGee says James is a gentle, nice guy

YEAH AS LONG AS YOU AREN'T MARRIED TO HIM Jesse James' alleged tattooed mistress Michelle McGee hasn't been in contact with the biker, 40, since news broke of their affair last week, usmagazine.com reports. But over the weekend, she praised him for the way he treated her during their alleged 11-month affair.

"He was a nice guy — most guys who do what he does have an attitude," she told the New York Post. "But he was gentle."

But she told the Post

right now she is more concerned about a custody battle with her ex-husband Shane Modica over their five-year-old son, Avery.

On Saturday, McGee — who reportedly has returned to work at the Pure Platinum Strip Club in San Diego — visited her son, who was with his father in San Diego. As she said goodbye, she planted a kiss on Avery's cheek.

In court papers filed Friday,

Modica asked for temporary and legal custody of the boy, whom he said was in danger in light of McGee's sex scandal.

"If she sees Avery, she will bring these curiosity seekers and glory hounds down on herself and Avery, totally confusing him and frankly scaring him," Modica wrote in legal papers. A judge denied Modica's request.

Meanwhile, James (who's still wearing his wedding ring) returned to work at West Coast Choppers over the weekend. Bullock, 45, is still M.I.A.

METRO NEWS SERVICES



Neeson 'heroic': Egoyan

A HERO ON AND OFF THE SET Liam Neeson has been called "heroic" by Chloe director Atom Egoyan, femalefirst.co.uk reports.

Neeson was working on the movie alongside Julianne Moore and Amanda Seyfried when his wife Natasha Richardson died after a skiing accident. Despite troubles in his private life the actor returned to work to complete the movie Chloe.

Speaking to Contactmusic the director said: "We tried to protect him. No one knew when exactly he was coming back, but he was nothing less than heroic, especially considering the

story. "He wasn't forced to come back. No one tried to talk to him about what happened. He's an amazing man."

Since the death of his wife the actor has thrown himself into work and has a string of projects on the horizon. He will next be seen in Louis Leterrier's remake of Clash of the Titans, in which he takes on the role of Zeus.

METRO NEWS SERVICES



Doherty arrested ... again

AND HERE IS ANOTHER SHOCKER, IT'S DRUG RELATED Pete Doherty has been arrested on suspicion of supplying drugs to dead heiress Robin Whitehead, femalefirst.co.uk is reporting.

The 31-year-old Babyshambles rocker attended a police station voluntarily to face the charges on Friday.

A spokesman for the London Metropolitan Police said: "A 31-year-old man was arrested on March 19 on suspicion of supplying controlled drugs. He was bailed to return on a date in

April pending further inquiries."

Whitehead had been working on a documentary about Doherty before she died of a suspected overdose in an east London flat on Jan. 24. Doherty previously admitted he visited the property the day before and the day after she died but claimed he stayed at his home in Wiltshire in between those times.

METRO NEWS SERVICES



Idol wants Conan

HOPEFULLY SIMON GIVES HIS TAKE ON NBC AND LENO The Hollywood Reporter's Live Feed is reporting that Conan O'Brien was approached to appear on the special American Idol episode, Idol Gives Back on April 21.

Though it would appear O'Brien can't accept given his settlement



terms with NBC that prohibit him from making any TV appearances before May 1, the offer is still an intriguing development in the ongoing talks with Fox about a potential late-night show for O'Brien on the network, adds Entertainment Weekly.

O'Brien's 30-city comedy tour — called the Legally Prohibited From Being Funny on Television Tour — which includes a number of Canadian dates.

METRO NEWS SERVICES

Brangelina, Depp playdate

JUST A SHORT TRIP TO ITALY TO SEE YOUR FRIENDS Talk about a power playdate. On Sunday, Brad Pitt and Angelina Jolie took four of their kids — Maddox,

Pax, Zahara and Shiloh — to John-ny

Depp's house in Venice, Italy. Depp, 46, who has two kids, Lily-Rose and Jack, with longtime partner Vanessa Paradis, usmagazine.com reports.

Jolie, 34, and Depp, 46, are currently shooting the dramatic thriller The Tourist.

METRO NEWS SERVICES



Kate casting surprised partner

YOU THINK HAVING EIGHT KIDS WOULD MAKE HER TOO BUSY FOR DANCING Tony Dovolani was the only one in the dark. The Dancing with the Stars pro says he doesn't read casting rumours about the show, so the possibility of working with Kate Gosselin (a widely speculated pairing since they

both live on the East Coast) never crossed his mind, tvguide.com reports.

"Everyone was thinking that except me," he tells tvguide.com. "I don't read rumours. If you do and set your heart on somebody and don't get them, or it turns out the person is not doing the show, then you're disappointed even if you get somebody great."

METRO NEWS SERVICES



Lavigne, Whibley reconnect

CANADA'S SONNY AND CHER? Despite filing for divorce last year, Avril Lavigne and Deryck Whibley seemed to be enjoying each other's company during a night out in L.A. recently that included

drinks at the Chateau Marmont and ended at a tattoo shop at 1 a.m., according to TMZ. Sources say the pair seemed a little tipsy when they entered the shop — and when they emerged later, each sporting a bandaged forearm.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN doesn't appreciate her dad talking to the press, **LILY ALLEN** is experiencing technical difficulties, **STAR JONES** is trying to enjoy her time in the hospital, and **JIM CARR** doesn't know what to tell his girlfriend.

@lindsaylohan my father is a liar, and whatever new weekly magazine is, is all false! typical tabloid(s).

@lilyroseallen TalkTalk. 5 months subscription, 300 quid in phonecalls and still no Internet. please send engineer! Meanies.

@StarJonesEsq Thank you for all the good wishes and prayers...I feel them all. By the way...who knew ice chips could taste like steak! hahahahaha

@JimCarrey no joke...Jenny wants to know why some guys cheat on their women, for her new book on sex. anybody?

METRO NEWS SERVICES



Naomi embarrassed about past actions

BUT THEY ARE THE ONLY REASON PEOPLE STILL TALK ABOUT YOU Naomi Campbell is taking the opportunity of her upcoming 40th birthday for a bit of reflection and introspection, admitting she's embarrassed by some episodes from her past.

"I'm human, I make mistakes," she tells Live magazine. "I'm not proud of the things I've done and the incidents that have happened in my life, and I would never say I was."

Over the years, Campbell has become as famous for her fiery temper as she is for her beauty.

METRO WORLD NEWS



OVER 110 YEARS OF TRUST!

Be a Willis Graduate...

...Don't compete with one!

Health Office Administrator - Pharmacy Assistant

613-233-1128 • www.williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville

CO-OP
WORK
PLACEMENT

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896



Today
Rain and snow
2° / 0°

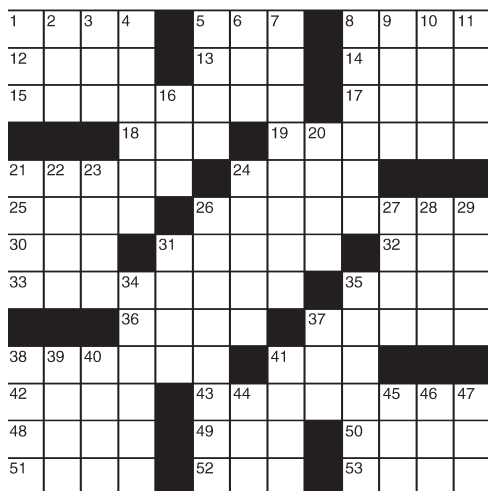
Wednesday
Rain and snow
5° / -4°

Thursday
Flurries
3° / -9°

STAY PREPARED WITH OUR MOBILE WEBSITE.
Visit theweathernetwork.com on your mobile.

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Hook point
- 5 Conclude
- 8 Data, for short
- 12 Concept
- 13 Hawaiian garland
- 14 Harvest
- 15 Favorable spots for viewing
- 17 Slime
- 18 Bart, to Homer
- 19 Put in cans
- 21 Wan
- 24 Mata —
- 25 Urban disturbance
- 26 Melodic jewelry holder
- 30 Carte lead-in
- 31 Kinds
- 32 Gorilla
- 33 Sports page grid
- 35 Small songbird
- 36 Oodles
- 37 Gladiatorial venue
- 38 Actress Hedy
- 41 Palindromic Turkish title

- 42 Addict
- 43 TV, slangily
- 48 Squad
- 49 Turf
- 50 Sharpen
- 51 Wild and crazy
- 52 Ram's mate
- 53 Raced

DOWN

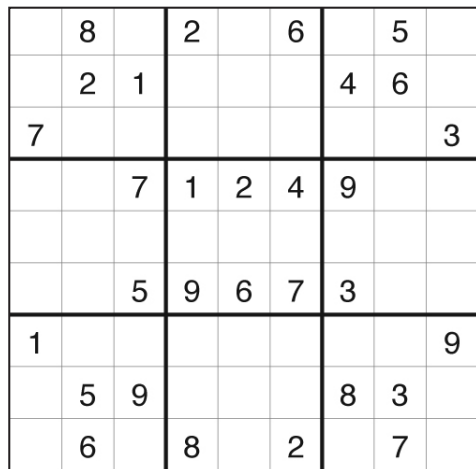
- 1 Tucker's partner
- 2 Commotion
- 3 Tyrannosaurus
- 4 Hound type
- 5 Verve
- 6 Badminton barrier
- 7 Aversion
- 8 Kind of funny
- 9 Night light?
- 10 Disconcert
- 11 Newspaper page
- 16 A billion years
- 20 Rainbow
- 21 Bedouin
- 22 Missile shelter
- 23 Welles' "War of the Worlds,"

- e.g.
- 24 "Step on it"
- 26 Twilight occurrence
- 27 Naked
- 28 Tournament format
- 29 TV's "Warrior Princess"
- 31 Wound reminder
- 34 Smugly ingratiating
- 35 Angers
- 37 Past
- 38 Figure skating jump
- 39 On the briny
- 40 Intend
- 41 Staffer
- 44 Part of DJIA
- 45 Jazzy style
- 46 Inseparable
- 47 Crossed (out)

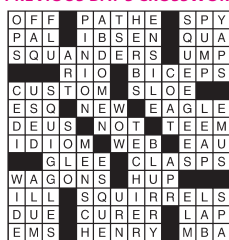
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	2	6	5	1	4	9	7	3
3	5	1	9	8	7	2	4	6
4	7	9	3	2	6	5	8	1
7	1	3	4	6	2	8	9	5
5	6	4	8	9	3	1	2	7
9	8	2	1	7	5	6	3	4
6	3	5	2	4	9	7	1	8
1	9	7	6	3	8	4	5	2
2	4	8	7	5	1	3	6	9



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You take a more relaxed and balanced view of life, which in turn enables you to get what you want without causing friction or making enemies.

TAURUS
APRIL 21-MAY 21
Just because one person has let you down does not mean that everyone is going to let you down. Try not to be too critical of other people today.

LIBRA
SEPT 23-OCT 23
Venus is moving through the relationship area of your chart, which means others will see the best in you even when your behavior is at its worst.

SCORPIO
OCT 24-NOV 22
Routine tasks will bore you today, but they have to be done so you are advised to get your head right and get on with them.

GEMINI
MAY 22-JUNE 21
Listen to your instincts: they won't let you down. The experts may tell you one thing but it is your inner voice you must trust.

SAGITTARIUS
NOV 23-DEC 21
The planets indicate there is only one of what you want, so you had better make sure you are first in line. A more dynamic approach is a must today.

CANCER
JUNE 22-JULY 22
Be nice to the people you work with. You may resent the fact that some of them are lacking in talent and motivation but they are different for a reason.

CAPRICORN
DEC 22-JAN 20
If someone you have not been getting along with lately says nice things about you today you will be suspicious about it. But there is really no need.

LEO
JULY 23-AUG 23
The reason why certain new ideas look less threatening than they did a few days ago is because you are beginning to understand what they are all about.

AQUARIUS
JAN 21-FEB 18
Someone who may not be able to say how they feel in words will find another way to express their love. Are you listening?

VIRGO
AUG 24-SEPT 22
Today you have to deal with an annoying situation without allowing yourself to get annoyed by it. Take the long view and stay calm.

PISCES
FEB 19-MARCH 20
Why the big rush? Why the long face? Slow down for a minute and allow yourself to see that what you think is so urgent is nothing of the sort.

FLIGHT CENTRE *Unbeatable*

Las Vegas Air + 4 Nights 5-Star

\$589

Wynn + taxes & fees \$112
INCLUDES accom on the Strip. Departs May 9/ggv/aa.
ADD Grand Canyon Ecostar Helicopter explorer tour for \$329.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. GST and fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ggv=gogo, aa=american. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

borrow up to

\$1,500

instantly

for 30 days

apply now!

9 out of 10 approved
get your money as soon as tomorrow

mogomoney.com

The maximum allowable cost of borrowing under payday loan agreements is \$21 per each \$100 advanced. Cost of borrowing \$300 for 14 days is \$31.50. Mogos cost per \$100 borrowed is \$21 for 30 days, total repayment amount is \$121.

money on the go

AIR CANADA VACATIONS



GREAT deals starting at

\$459

*Taxes & other fees (including service charges): \$229

CUBA

Varadero via Toronto

Sol Sirenas Coral Resort • 3 ★
All-Inclusive • Standard rm.
Mar. 27 - 29 & Apr. 1 • 1 wk. **\$459**

*Taxes & other fees (including service charges): \$229
Departure tax: 25 CUC cash, paid locally

Holguin via Toronto

Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Mar. 27 & Apr. 1 • 1 wk. **\$589**

*Taxes & other fees (including service charges): \$229
Departure tax: 25 CUC cash, paid locally

MEXICO

Puerto Vallarta/Riviera Nayarit via Toronto

Plaza Pelicanos • 3 ★
All-Inclusive • Club section
Apr. 2 & 4 • 1 wk. **\$1099**

*Taxes & other fees (including service charges): \$284

DOMINICAN REPUBLIC

Puerto Plata via Toronto

Bahia Principe San Juan • 4 ★
All-Inclusive • Standard rm.
Apr. 9, 16 & 23 • 1 wk. **\$699**

*Taxes & other fees (including service charges): \$314

Punta Cana via Toronto

Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Apr. 1, 3, 4 & 25 • 1 wk. **\$899**

*Taxes & other fees (including service charges): \$314

TURKS & CAICOS

Villa del Mar • 3 ★

Deluxe studio suite
Apr. 5 • 1 wk. **\$999**

*Taxes & other fees (including service charges): \$223

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Oceanview rm. **\$1099**

*Taxes & other fees (including service charges): \$266

TURKS & CAICOS

The Verandah Resort & Residences • 4 ★

All-Inclusive
Garden view studio
Apr. 5 • 1 wk. **\$1729**

*Taxes & other fees (including service charges): \$223

Sandals Grande Ocho Rios Beach & Villa Golf Resort

EARN UP TO 5,000 BONUS AEROPLAN MILES*
Luxury Included® Vacation
Plantation villa one-bedroom
concierge suite with pool
Apr. 3 • 1 wk. **\$1499**

*Taxes & other fees (including service charges): \$266

DEAL to EUROPE

Rome via Toronto

Mercure Roma Piazza Bologna • 3 ★
Breakfast • Standard rm.
June 10 • 6 nts. **\$999**

*Taxes & other fees (including service charges): \$282

DEAL on CRUISES

Louis Cruises¹

Louis Cristal
Greece & Turkey Cruise
Flights to Athens via Montreal
Inside stateroom, cat. IC
Aug. 6 & 20 • 1 wk. **\$2249**

*Taxes & other fees (including service charges): \$582

BAHIA PRINCIPE HOTELS & RESORTS

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe Cayacoa • 4 ★
All-Inclusive • Standard rm.
Apr. 11 • 1 wk. **\$899**

*Taxes & other fees (including service charges): \$314

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Apr. 19 - 22, 24, 27 & 28 • 1 wk. **\$1149**

*Taxes & other fees (including service charges): \$276
Please add \$50 for Sat. departures



Gran Bahia Principe Jamaica

Fly in style - Upgrade to Executive Class® service



aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 23 & 27, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Rome via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. Bonus Aeroplan Miles for Sandals and Beaches are based on 2 Aeroplan members occupying the room and are awarded at a rate of 500 bonus Aeroplan Miles per member for Luxury room, 1000 bonus Aeroplan Miles per member for Concierge suite, or 2,500 bonus Aeroplan Miles per member for Butler service suite. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹Louis Cruises' ships' registry: Majuro, Piraeus and Valletta. ²Aeroplan is a registered trademark of Aeroplan Canada Inc. Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.